

Department of Home Science

(Nutrition and Education Discipline)

Learning Outcomes Based Curriculum Framework (LOCF)

Introduction

Nutrition and Health Education discipline aims to develop a holistic and multidimensional understanding of the basic aspects of nutrients, food science, nutritional concerns in various stages of life cycle, food safety, food security as well as the current vast spectrum of malnutrition. This programme equips the students for skill development, academic understanding, entrepreneurship, community role and employment in various fields such as community nutrition, health clinics, NGOs, etc.

STRUCTURE OF THE COURSE

CLASSROOM TEACHING

- * Directed towards making students aware of nutrients, nutritional requirements through various stages, importance of food safety in present scenario, public nutrition and therapeutic nutrition.
- * Making student aware of various components of public health nutrition and helping them understand how nutrition intervention can be done to alleviate undernutrition and overnutrition.

PRACTICAL

- * Students develop hand on skills to prepare various nutritious recipes understanding the role of various food components in cooking. They learn the concept of portion size.
- * Students develop understanding of food labels and make their innovative food labels.
- * Students prepare various dishes rich in micronutrients. Also, therapeutic diets are planned and cooked.

AIM OF THE PROGRAMME

Enhance the capability of the student to look after her nutritional needs and the needs of her family.

To impart skills to work as a community nutrition educator and contribute towards enhancing the nutritional status of communities.

To impart entrepreneurial skills to set up a home-based catering unit and provide nutrition-based solutions.

OUTCOME OF THE COURSE

- To enhance the capability of the student to look after her nutritional needs and the needs of her family.
- To impart skills to work as a community nutrition educator and contribute towards enhancing the nutritional status of communities.
- To impart entrepreneurial skills to set up a home-based catering unit and provide nutrition based solutions.



Graduate attributes of Nutrition and Health Education

- Disciplinary knowledge
- Communication Skills
- Problem solving
- Cooperation and team work
- Self-directed learning

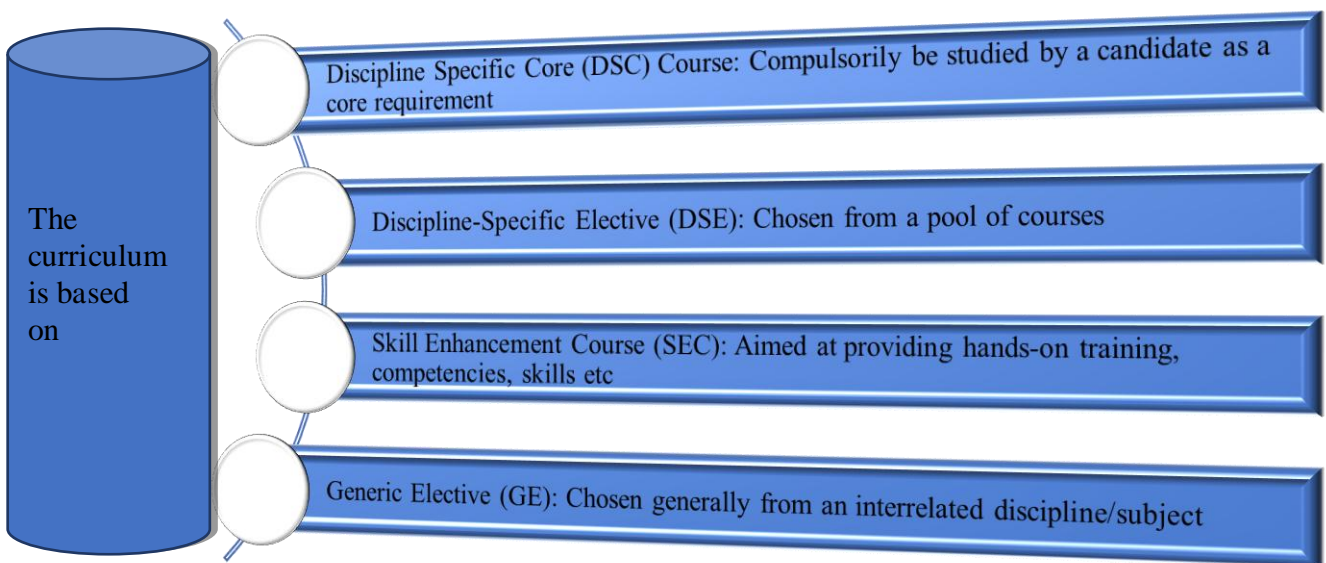
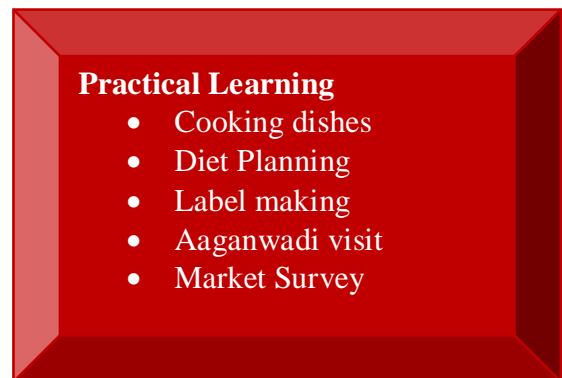
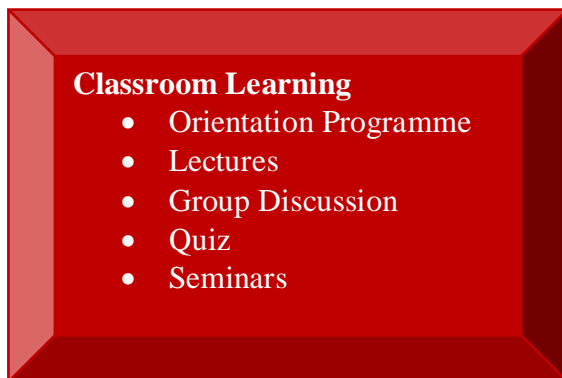
Programme Learning Outcome

- Demonstrate the understanding of fundamentals of food, nutrition and health.
- Demonstrate the understanding of etiology and management of nutritional disorders ranging from nutritional deficiencies to lifestyle diseases as well as common ailments.
- Recognize the significance of food safety, food quality, food laws and regulations.
- Demonstrate ongoing national nutrition programs and technologies for improving food and nutrition security.
- Demonstrate skills in assessment of nutritional status.
- Demonstrate skills in planning and preparing balanced diets for normal persons and in states of malnutrition/ disease.

- Demonstrate skills for playing the role of nutrition/ health educators in the community.

Learner-centric pedagogies

- Lectures are supported by power point presentations, group discussion, quiz. Along with prescribed reading material and suggested books students are provided with the links to e-learning resources like e-books, videos. Group projects are given to encourage the coordination and team work. Students visit aganwadi to gain practical experience.
- During practical along with cooking students learn about preparing market order and food presentation. Organising various things while cooking and in the end proper winding up also becomes part of learning.



Paper Name: FUNDAMENTALS OF NUTRITION AND FOOD SCIENCE

Paper Code:62201106

Semester :1

Paper Outcome

- Understand basic concepts in food and nutrition and interpret relation between food, nutrition and health.
- Describe functions, dietary sources and clinical manifestations of deficiency or excess of important nutrients.
- Understand the importance of weights and measures in cooking, prepare market order and do the table setting.
- Demonstrate skills in basic food preparation, understand nutritional quality and concept of portion size.

Paper Name: NUTRITION FOR THE FAMILY

Paper Code: 62201206

Semester:2

Paper Outcome

- Describe food groups, food pyramid and the concept of a balanced diet.
- Understand the importance of food exchange list and use them for meal planning.
- Explain the physiological changes, nutritional guidelines and healthy food habits during
- Adulthood, pregnancy, lactation and old age.
- Plan and prepare balanced meals and nutritious snacks for various age groups.

Paper name: INTRODUCTION TO FOOD SAFETY

Paper Code: 62204316

Semester:3

Paper Outcome

- Explain the importance, challenges and factors affecting food safety as well as assess food safety issues at the field level.
- Know the importance of hazards, control measures, monitoring and corrective actions regarding HACCP.
- Understand issues related to food adulteration and related ill effects.
- Interpret and prepare food labels.

Paper Name: PUBLIC HEALTH NUTRITION

Paper code: 62204422

Semester: 4

Paper Outcome

- Identify the causes, symptoms, prevention and treatment of various deficiency diseases.
- Understand the importance of nutrition for physical fitness and sport.
- Analyse the feeding problems of children with special needs and resolve them.
- Plan and prepare diet and snacks for persons suffering from various deficiency diseases.

Paper Name: PUBLIC NUTRITION

Paper Code: 62207911

Semester: 5

Paper Outcome

- Understand the concept and scope of public nutrition and know the role of Public

Nutritionist

- Interpret direct and indirect methods of assessment of nutritional status.
- Understand how to plan a nutrition education programme for a community and use suitable methods/tools for its implementation.
- Assess the diet by FFQ and 24 hour recall method.

Paper Name: THERAPEUTIC NUTRITION

Paper Code: 62207913

Semester: 6

Paper Outcome

- Explain therapeutic adaptations of normal diet.
- Understand the etiology, symptoms and nutritional management of some common diseases.
- Describe risk factors, assessment, complications and dietary management of diabetes, hypertension, atherosclerosis
- Conduct market survey of therapeutic foods.

Initiative taken by Department

Year	Name of the event	Number of participants	Date of the event
2019-20	Orientation of first year students	40	24 July 2019
2019-20	Aaganwadi Visit	40	24 Oct 2019
2019-20	Two days FoSTac workshop, “Food Safety Supervisor training and certification”	50	23 and 24 Jan 2020
2020-21	Webinar on “First 1000 days: Role of food safety and nutrition in health and well-being”	80	22 September 2020
2020-21	Orientation programme for semester 1 students	35	20 November 2020
2020-21	Orientation programme for semester 3 and 5 to brief about OBE pattern examination	60	4 December 2020
2020-21	Orientation programme for semester 4 and 6 to brief about online classes and upcoming courses	60	4 January 2021
2021-22	Virtual workshop on “New product development for health and nutrition”	85	1 October 2021
2021-22	Orientation programme for semester 1 students	35	22 November 2021

2021-22	Orientation programme for semester 3 and 5 to brief about OBE pattern examination	60	29 November 2021
2021-22	Orientation programme for semester 4 and 6 to brief about online classes and upcoming courses	60	7 January 2022