

# CERTIFICATE IN FOOD & NUTRITION



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# About Glister Eduversity

Today is the era of working parents and due to workload, they do not get enough time to support their children's education. Therefore, they are heavily blamed by all, in the current dialogue and debate about improving the education system, the disadvantages of improper parenting is known to all.

It is time to start parenting in the education system. With the Glister Eduversity, we present you the solution to all such problems switching towards telephonic parenting, proper guidance and development graph.

This is the first Indian institution to provide education care with parenting. Glister Education offers telephonic parenting with a right strategic plan for the student, online test series, seminar, scholarship programs, in really attractive packages.

We also guide their appointments as well as their strategies. So, let's don't wait, and achieve nothing less than success with Glister Eduversity Parenting cum Education Care.



Director: Amit Pandey

## Mission

The mission of Glister Eduversity is to educate the citizens and citizen-leaders for our society.

We do this through our commitment to the transformative power of a liberal arts and sciences education.

Beginning in the classroom with exposure to new ideas, new ways of understanding, and new ways of knowing, students embark on a journey of intellectual transformation.

Through a diverse living environment, where students live with people who are studying different topics, who come from different walks of life and have evolving identities, intellectual transformation is deepened and conditions for social transformation are created.

From this we hope that students will begin to fashion their lives by gaining a sense of what they want to do with their gifts and talents, assessing their values and interests, and learning how they can best serve the world.

## Vision

Glister Eduversity will set the standard for residential liberal arts and sciences education in the twenty-first century. We are committed to creating and sustaining the conditions that enable all Glister Eduversity students to experience an unparalleled educational journey that is intellectually, socially, and personally transformative.

Welcome to the Glister Eduversity, Varanasi. For more than three years, Glister Eduversity has served as our nation's flagship comprehensive institution of higher education.

Our primary goal is to become one of the most prominent and excellent educational institutes in the world. We are fortunate to have a talented, highly committed teaching and support staff here to ensure the learning environment of our students is the best it can be. Our faculties are renowned scholars and accomplished practitioners who are actively engaged in the academic excellence and innovative research ideas of the modern world. Our students are innovators, engineers, managers, great scientists, entrepreneurs, and aspiring leaders - from every age group and are located at every corner of the country. Our unique teaching and learning process with a proper blend of theory and practice crosses the boundaries of nations towards industry-readiness and global excellence.

## **P**rogram overview

Eating is so much a part of life that we tend to assume that we know everything about food. It is generally believed that provision of proper nourishment is mainly a question of income. Since food sustains life and accounts for a major portion of our living expenses, it will be useful for everyone to know about:

The nutrients contained in different items of food; The needs of the human body in terms of various nutrients at different stages of life; Consequences of taking more/wrong types of food; and Ways of selecting food articles, and the techniques for processing, cooking and preserving them. The focus of the programme is to enable you to make the best possible choice for meeting the nutritional needs of a family. At the same time it aims at helping you choose an adequate variety of foods to suit the taste of each individual in your family. In addition, you will learn about the nature of food-borne diseases and the importance of good food habits in preventing them. You will also be acquainted with schemes of quality control, consumer rights, etc.

Food and Nutrition as a course emphasizes on ideas, interdisciplinary mindset, collaborative thinking; and the commitment to apply the knowledge to resolve various societal dilemmas related to food and nutrition security. Moreover, with a rising concern about health and eating habits, the field of Nutrition and Dietetics is gaining a lot of importance day by day. Due to growing concern about obesity, diabetes, hypertension, ulcers and other major diseases arising due to faulty eating habits, the role of nutritionist has increased many folds. The increased usage of processed food greatly demands safety and quality food production. Food science and nutrition course has a vast scope both in clinical and development sectors.

## Salient Features



Certificate in Food and Nutrition course offers a chance for students to understand the fundamentals of food nutrition and can also perform some kind of research in this field.



Various subjects such as Product development, quality management as well as applied nutrition covers in this program.



The interface between human nutrition and food science, an area of increasing importance to consumers, government and the food industry centered through this course.



Course Covers subjects taught in hospitality and hotel administration, food technology, applied sciences, home science, and nursing courses.



After Completion of Course you will get A certificate that will be Universally Accepted.



# Course Objective

## The objectives of this course are to:

Food Science and Nutrition is one of the most applied and interdisciplinary subject in our present educational system concerns with the field of science. It gives main emphasis on food, nutrition, diet, food preservation, product development, food quality analysis, food safety and hygiene.

In the recent years, there has been increased focus on food processing sector and food technology has been identified by Government of India as sun rise sector due to its rapid growth, immense growth potential and its contribution to the development of the country as a whole. Moreover, with a rising concern about health and eating habits, the field of Nutrition and Dietetics is gaining a lot of importance day by day.

Further, to cater to the needs of quality trained manpower with necessary professional skills in food industry as well as health sector and to educate work force in the field of food science and nutrition, post graduate course in Food Science and Nutrition is offered from the academic year 2018-19 onwards.

Department welcomes prospective students to enroll and study in the department and also welcomes the scientists and food industry to partner in the research and development activities to develop joint programmes.

## Learning Outcome:

1. Utilize knowledge from the physical and biological sciences as a basis for understanding the role of food and nutrients in health and disease processes.
2. Students will be able to prepare and deliver effective presentations of technical information to food science and nutrition professionals and to the general public.

Able to provide nutrition counseling and education to individuals, groups, and communities throughout the lifespan using a variety of communication strategies. Able to apply technical skills, knowledge of health behavior, clinical judgment, and decision-making skills when assessing and evaluating the nutritional status of individuals and communities and their response to nutrition intervention. Students can implement strategies for food access, procurement, preparation, and safety for individuals, families, and communities. Apply food science knowledge to describe functions of ingredients in food.



## Details of Programme: Certificate Course in Food & Nutrition.

### 1. Title of the Course

The Course shall be called as "Certificate Course in Food & Nutrition", a Regular course of 6 months ( 240 hrs.) duration.

### 2. Duration of the Course

This is a Regular course of 240 hrs. Extended over a period of 6 months duration.

### 3. What You Will Get:

You Will Get a Mark sheet and a Certificate That Will be Universally Acceptable.

### 4. Aims and Objectives of the Course

With the increased awareness of the importance of healthy eating and the rising incidence of metabolic disease, the demand for nutrition professionals is at an all-time high. The nutrition industry is growing faster than ever before. The projected growth for this industry is expected to increase 15% over the next 8 years, which is much faster than average. Learn how you can promote health and prevent disease through nutrient optimization with a nutrition certification.

### 5. SCOPE:

Nutritional Aide, Nutrition Assistant, caterer, Chef, Health Coach, Health Educator, Nutrition writer, Nutritionist, Food Technologist, Dietician.

### 6. Syllabus

The syllabus is design to fulfill aforesaid objectives containing theory subjects as well as practical in Beauty care and Makeup.

Program Duration	6 Months
Basics of Food and Nutrition	Theory : 50 Marks, Practical/Assignment : 50 Marks
Food and Its Utilization	Theory : 50 Marks, Practical/Assignment : 50 Marks
Economic Of Food	Theory : 50 Marks, Practical/Assignment : 50 Marks

### 7. Eligibility Conditions

A candidate who has passed at least 10th examination from a recognized Board or its equivalent shall be eligible to take admission to the course.

### 8. Course Fee: INR 15,000+GST/-



# Content of Syllabus :

## Unit 1 :- Basics of Food and Nutrition

Definition, function, classification and Dietary sources of foods, nutrition and dietetics Concept of malnutrition, Health, immunity by food and functions of food, Classification of macronutrients and micronutrients, Is water a nutrient?, Selection, Preparation and Nutritive Value of Cereals and Millets, Pulses, Nuts and Oil Seeds, Milk and Milk Products, Eggs and Flesh Foods, Vegetables, Beverages, Sugar and Jaggery. Selection of Fats and Oils and Nutritive Value, Selection of Fruits and their Nutritive Value, Spices, Condiments and Salt.

## Unit 2 :- Food and Its Utilization

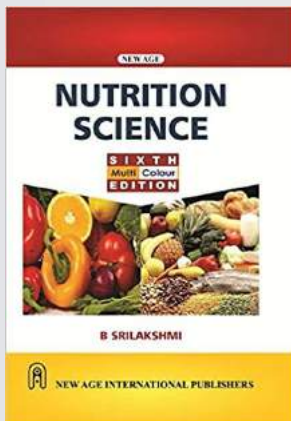
Food, Nutrition and Nutritional Status, Recommended Dietary Intakes for Indians, Daily Food Guide and Balanced Diet, Assimilation of Food into the Body , Growth Pattern and Nutritional Requirements , Malnutrition and Health , Food Energy, Activity Pattern and Body Weight. Nutrition through the Life Cycle - Pregnancy and Foetal Growth, Infancy, Pre-school Age, The School Age, Puberty and Adolescence, Adulthood, Old Age Requirements and Special Needs, Assessment of Nutritional Status , Our Food Habits , Food Misinformation

## Unit 3 :- Economic Of Food

Food Budgeting , Agricultural Production and distribution, Governmental Policies and Programmes, Protection of Food Supplies, Food Adulteration and Precautions, Consumer Education.

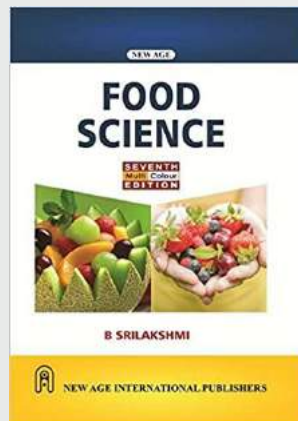


## Books For Reference



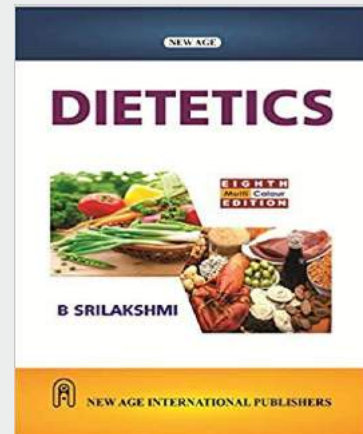
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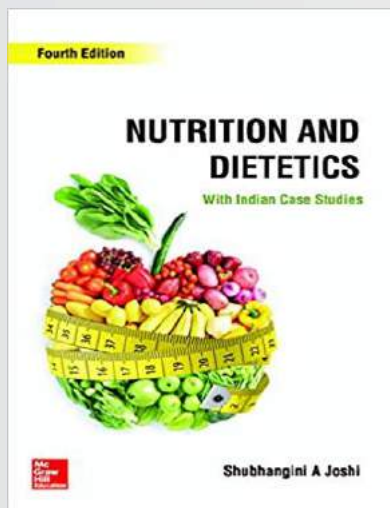
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food Science

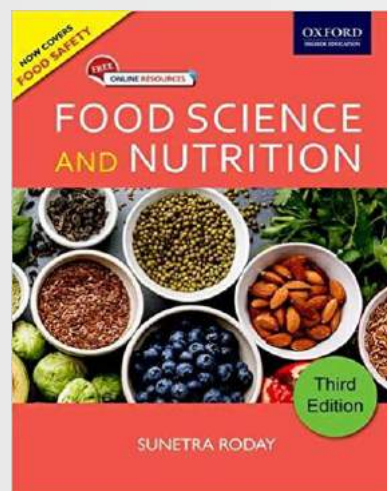


B. Srilakshmi

Dietetics



Subhangini A Joshi  
Nutrition And Dietetics



Sunetra Roday  
Food Science & Nutrition