

**Godutai Doddappa Appa Arts & Commerce College for
Women, Kalaburagi**

**Women Study Centre
Certificate Course.**

From 2010 to till date

(3 months course weekly 5 days)

[Jan to March]

Board of Study

- | | | | |
|-----|--------------------|---|-------------------------|
| 01] | Dr. Seema Patil | - | Chairman & Co Ordinator |
| 02] | Smt. Janaki Hosur | - | Member |
| 03] | Dr. Vanishri T. | - | Member |
| 04] | Dr. Venkat Reddy | - | Member |
| 05] | Smt. Vimala Mantur | - | Member |

Diet Syllabus

I] Dietary sources [visible, invisible]

- 01] Functions of Water
- 02] Role of water in maintaining Health [water balance]

II] **Balance Diet**

- 01] Definition
- 02] Importance of Balanced Diet
- 03] Planning of Nutritionally Balanced meals
[Based upon 3 group system]
- 04] Factors affecting meal planning
- 05] Factors influencing food intake & food habits
[Physiologic factors]
- 06] Environmental and behavioural factors influencing Food acceptance.

Nutrition & Food Science

- I] Introduction
 - 1] Food and its relation to health
 - 2] Objectives
 - 3] Functions
 - 4] Food source deficiencies carbohydrates liquids Proteins, Vitamins and Minerals

- II] Classification of Raw materials into food groups
 - 1] Cereals, Milk and milk products fruit and vegetables, nuts and dried fruits, spices and condiments, sweet foods & sweetening agents.
 - 2] Egg, meat varieties
 - 3] Spices and condiments

- III] Food processing
 - 1] Definition
 - 2] Objectives
 - 3] Type of treatment