

## **(160-SCI-15-02) B.SC NUTRITION AND DIETICS**

### **Significance of the Program**

The course brings out the importance of the role of Nutritious and diet in our life. In the present scenario sophisticated and sedentary lifestyle had created complicated health problems in the community. The awareness of healthy eating habits, nutritional value of the food are of immense importance to plan a proper diet to lead a happy and healthy life. This course provides insights of different aspects of nutrition in health and diseases; this knowledge is critical to plan a therapeutic diet to combat different life style disorders. This course gives knowledge of Nutraceuticals, functional foods, food safety management and new technologies for the value addition of the foods. Makes the students more socially responsible by understanding the causes of malnutrition in the society and they can apply their domain knowledge with the intervention of the new technological approaches to fortify the available food with a cost-effective manner.

### **Career Options**

- They can work as a Nutritional counsellor in various hospitals /NGOs/wellness clinics.
- They can be an entrepreneur -Manufacturing Fortified foods with respective to the age and need.
- start their own clinic- act as a sports Nutritionist, Clinical Dietician and Rehabilitation counsellors etc.,
- They can work as a food analyst/food quality officer in any food companies (Britannia, Nestle, Whole Food, Amul, Vita etc.)
- They can pursue their higher degree as all government universities under ICAR, CSIR, CFTRI, NIN etc.

<b>Program outputs</b>	<b>Program outcomes</b>
<ul style="list-style-type: none"><li>• Enable the students to enrich their knowledge in diverse concepts such as Diet therapy, Clinical Nutrition, Food Science, Food Analysis and Nutritional management.</li><li>• Achieve integrated knowledge of Food Microbiology, Food processing technology, Nutritional</li></ul>	<ul style="list-style-type: none"><li>• Apply their knowledge to solve the nutrition and diet problems of critical care health management.</li><li>• Develop become an entrepreneur to start a food industry, fortified products, Argo business.</li></ul>

<p>Biochemistry, Food safety and Sports Nutrition.</p> <ul style="list-style-type: none"> <li>• Enables manufacture value added functional foods with an innovative way to formulate the food to prevent and manage the diseases.</li> <li>• Enables to analyse the various nutritional assessment plans of the Government for the underprivileged community and evaluate their execution</li> </ul>	<ul style="list-style-type: none"> <li>• Development of Formulation for the different age groups nurtures the healthy society.</li> <li>• They develop programs to create awareness of nutritious diet, balanced diet as per the socio-economic status of the specific community.</li> <li>• Develop as a competent individual with a social responsibility strengthened by moral and ethical values for the national development.</li> </ul>
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### Major Course Outline

- Nutritional biochemistry.
- Human physiology, Nutraceuticals and functional foods.
- Nutrition in critical care, sports and Diet Counselling
- Food Microbiology, food processing, food preservation technology and Marketing strategies.
- Community nutrition and health care.
- Clinical and Therapeutic nutrition.
- Traditional food habits and disease prevention.