



SANT BABA BHAG SINGH UNIVERSITY, KHALA, JALANDHAR

VALUE ADDED COURSE ON NUTRITION, HEALTH AND HYGIENE



LIFE SCIENCES AND ALLIED HEALTH SCIENCES (UIS)

**Credits/ Duration- 2 credits/ minimum 30
contact hours**

VENUE

Block No.5, Sant Baba Bhag Singh University,
Jalandhar, Punjab, India.

Course Title	Nutrition, Health and Hygiene
Course Code	LFS014
Type of course	Value Added Course
Credits	2
Duration	Minimum 30 contact hours
Course prerequisite	All inter department UG and PG students
Course Objective	The course is designed to provide a broad-based approach to public health nutrition drawing upon a range of disciplines and staff expertise, which aims to expose you to a novel amalgamation of nutrition, public health, research, commercial and media insight.
Course Outcomes	Knows the importance of hygiene and sanitation Understands the importance of personal hygiene To define terms of food safety risk To define terms of food safety risk The hygiene graduate will demonstrate competent knowledge and self-assessment skills necessary for life-long learning.

COURSE SYLLABUS

UNIT-1

Introduction and Scope: Scope of health and hygiene, Nutrition and health, Classification of foods, Nutritional deficiencies, Vitamin deficiencies,

Nutrients: Carbohydrates, Fiber, Fat, Essential fatty acids, Protein, Minerals, Macrominerals, Trace minerals, Vitamins. Role of fiber and water in diet

UNIT 2

Antioxidants, Phytochemicals, Intestinal bacterial flora, Advice and guidance

Sports nutrition: Malnutrition, Mental disorders

UNIT-3

Hygiene: Concept of hygiene, Home and everyday life hygiene,

Personal Hygiene: Personal hygiene, History of hygienic practices, Importance of hygiene, Diseases associated with hygiene. Excessive body hygiene, Culinary (food) hygiene, Personal service hygiene,

UNIT-4

Communicable diseases and their control measures such as Measles, polio, Influenza, Chikungunya, Rabies and AIDS.

Non-Communicable diseases and their preventive measures.

REGISTRATION FORM

Value added course on Nutrition, Health and Hygiene

Name _____

Date of birth _____ Department _____

Class/Semester _____

Address for correspondence _____

Contact No. _____

Email _____

Signature of Applicant