

CERTIFICATE COURSE
ON
FOOD, NUTRITION, HEALTH
AND FITNESS



GOVERNMENT DEGREE COLLEGE
NARASANNAPETA, SRIKAKULAM

DEPARTMENT OF ZOOLOGY

2022-23

GOVERNMENT DEGREE COLLEGE, NARASANNAPETA, SRIKAKULAM

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CERTIFICATE COURSE ON FOOD,NUTRITION.HEALTH AND FITNESS, 2020-21

SYLLABUS OF THE COURSE

MODULE1 (15 DAYS):

INTRODUCTION: Define and describe FOOD,NUTRITION, HEALTH AND FITNESS

BALANCE DIET:

- It includes diet takes care of the following aspects
- Meets the RDA for all nutrients
- Includes nutrients in correct proportions:
- Physical Provide a safety margin for nutrients
- promotes and preserves good health
- Maintains acceptable body weight to height

HEALTH AND FITNESS

- Physical fitness
- Mental fitness

MODULE2 (13 DAYS):

USING BASIC FOOD GROUPS FOR PLANNING BALANCED DIET

- Cereals,grains and products
- Pulses, legumes
- Milk and meat products
- Fruits and vegetables
- Fats and sugars
- Guidelines for using the basic food groups
- Food Guide Pyramide

VEGETARIAN FOOD GUIDEDIETARY PATTERNS IN ADOLESCENCE

- Irregular meals and skipping meals
- Nutritional limitations of fast foods

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MODULE3 (12 DAYS):

MODIFYING DIET RELATED BEHAVIOUR

- Limiting television viewing
- Healthy eating habits
- Snacks,drinking water,diet journal, exercise,etc.

FACTORS INFLUENCING EATING BEHAVIOUR

EATING DISORDERS AT ADOLESCENCE

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AND FITNESS, 2022-23

ENROLLED STUDENTS LIST

Duration of the course: 60 HOURS

Period of course : 40 Days (26-04-2023 To 06-06-2023)

| Sl.No. | Year | Group | Hall ticket No | Name of the student |
|--------|----------|------------|----------------|---------------------|
| 1 | III year | B.Sc (CBZ) | 2122004049002 | B.Lavanya |
| 2 | III year | B.Sc (CBZ) | 2122004049003 | B.Mounika |
| 3 | II year | B.Sc (CBZ) | 2122004049004 | B.Nandini |
| 4 | II year | B.Sc (CBZ) | 2122004049016 | K,M,Jyothsna |
| 5 | II year | B.Sc (CBZ) | 2122004049017 | K.N.Pravallika |
| 6 | I year | B.Sc (CBZ) | 2122004049024 | N.Devi |
| 7 | I year | B.Sc (CBZ) | 2122004049036 | S.Rohini |
| 8 | I year | B.Sc (CBZ) | 202004049008 | D.Lakshmi Prasanna |
| 9 | I year | B.Sc (CBZ) | 202004049009 | G.Sameera |
| 10 | I year | B.Sc (CBZ) | 202004049017 | K.Suresh |
| 11 | I year | B.Sc (CBZ) | 202004049020 | M.Mounika |
| 12 | I year | B.Sc (CBZ) | 202004049025 | U.Harikha |
| 13 | I year | B.Sc (CBZ) | 202004049026 | U.Lavanya |
| 14 | I year | B.Sc (CBZ) | 202004049027 | V.Madhuri |
| 15 | 1year | B.Sc(CBZ) | 202004049028 | Y.Sireesha |