

CERTIFICATE COURSE
ON
FOOD, NUTRITION, HEALTH
AND FITNESS



GOVERNMENT DEGREE COLLEGE
NARASANNAPETA, SRIKAKULAM

DEPARTMENT OF ZOOLOGY
2020-21

From
G.Pooja bharadwaj,
Department of Zoology,
GDC, Narasannapeta.

To
The Principal,
Government Degree College,
Narasannapeta.

M.R. Jyoti
PRINCIPAL
GOVT. DEGREE COLLEGE
NARASANNAPETA

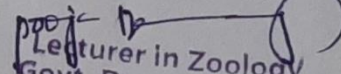
Subject related certificate course on **Food, Nutrition, Health & Fitness**

I am **G.Pooja bharadwaj** as **Zoology** faculty in our College. This is regarding with conduct subject related certificate course introducing for student benefit of our department on "**Food, Nutrition, Health And Fitness**". The course duration should be 15 days. We are going to start in the academic year 2020-21 i.e. from 05-04-2021 to 26-04-2021. So, this is my humble request you to permit us for the establishment of above certificate course.

Thanking you madam,

Yours sincerely

G.Pooja bharadwaj

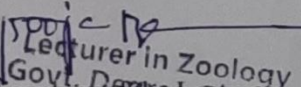

Lecturer in Zoology
Govt. Degree College
NARASANNAPETA
Srikakulam (Dist)

The faculty member of the Department of Zoology met in the principal's chamber to discuss and review the conduct of the Certificate Course title FOOD,NUTRITION,HEALTH AND FITNESS under the Chairmanship of the principal and the faculty of the department on 04-04-2021.

AGENDA : Starting of certificate course for B.Sc (CBZ) students.

RESOLUTIONS :

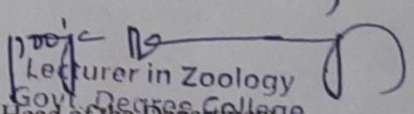
- 1) It is resolved to start the certificate course titled Food,Nutrition,Health And Fitness from 05-04-2021 to 26-04-2021 (15 days) for the academic year 2020-21.
- 2) It is also resolved to frame the syllabus, regulations for the successful completion of the certificate course titled FOOD,NUTRITION,HEALTH AND FITNESS.
- 3) Enrolled 15 students to this course.
- 4) Resolved to conduct classes at 4 to 5pm.
- 5) Resolved to conduct exam after completion of the course and issue certificates to qualified candidates.
- 6) Qualifying Marks is 40%.


Lecturer in Zoology
Govt. Degree College
VARASANNAPETA
Srikakulam (Dist)

CIRCULAR

Date: 04-04-2021

This is to inform that the Department of Zoology is going to be conducted a subject related certificate course from 05-04-2021 to 26-04-2021 for the Students of B.Sc (CBZ) on "Food,Nutrition,Health And Fitness". The students who are interested can enroll their names to concerned Department on or before 04-01-2021. The duration of the course is 15 days. The candidates who secure 40% of the marks in the examination will get their certificate.


Lecturer in Zoology
Govt. Degree College
Head of the Department
NARASANNAPETA
Srikakulam (Dist)

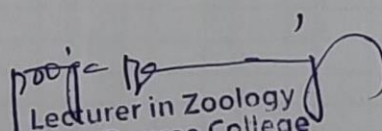
GOVERNMENT DEGREE COLLEGE, NARASANNAPETA, SRIKAKULAM

DEPARTMENT OF ZOOLOGY

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

ENROLLED STUDENTS LIST

Sl.No.	Year	Group	Hall ticket No	Name of the student	
1	III year	B.Sc (CBZ)	1800435002	M.Indumathi	M.Indumathi
2	III year	B.Sc (CBZ)	1800435010	Y.Sandhya	Y. sandhya
3	II year	B.Sc (CBZ)	1900435002	B.Madhaavi	B.Madhaavi
4	II year	B.Sc (CBZ)	1800435008	M.Hemalatha	M.Hemalatha
5	II year	B.Sc (CBZ)	1800435010	U.Aparna	U.Aparna
6	I year	B.Sc (CBZ)	202004049002	A.Bhavani	A.Bhavani
7	I year	B.Sc (CBZ)	202004049007	Ch.Madhavi	Ch.Madhavi
8	I year	B.Sc (CBZ)	202004049008	D.Lakshmi Prasanna	D. Lakshmi Prasanna
9	I year	B.Sc (CBZ)	202004049009	G.Sameera	G.Sameera
10	I year	B.Sc (CBZ)	202004049017	K.Suresh	K.Suresh
11	I year	B.Sc (CBZ)	202004049020	M.Mounika	M.Mounika
12	I year	B.Sc (CBZ)	202004049025	U.Harikha	U.Harikha
13	I year	B.Sc (CBZ)	202004049026	U.Lavanya	U.Lavanya
14	I year	B.Sc (CBZ)	202004049027	V.Madhuri	V.Madhuri
15	I year	B.Sc (CBZ)	202004049028	Y.Sireesha	Y.Sireesha


Lecturer in Zoology
Govt. Degree College
NARASANNAPETA
Srikakulam (Dist)

GOVERNMENT DEGREE COLLEGE, NARASANNAPETA, SRIKAKULAM

DEPARTMENT OF ZOOLOGY

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

STUDENT ATTENDANCE

SLN o.	Year	Group	Hall ticket No	Name of the student	05-04- 2021	06-04- 2021	07-04- 2021	08-04- 2021	09-04- 2021	12-04- 2021	15-04- 2021
1	III year	B.Sc (CBZ)	1800435002	M.Indumathi	p	p	p	p	p	p	p
2	III year	B.Sc (CBZ)	1800435010	Y.Sandhya	p	p	p	p	p	p	p
3	II year	B.Sc (CBZ)	1900435002	B.Madhaavi	p	p	p	p	p	p	p
4	II year	B.Sc (CBZ)	1800435008	M.Hemalatha	p	p	p	p	p	p	p
5	II year	B.Sc (CBZ)	1800435010	U.Aparna	p	p	p	p	p	p	p
6	I year	B.Sc (CBZ)	202004049002	A.Bhavani	p	p	p	p	p	p	p
7	I year	B.Sc (CBZ)	202004049007	Ch.Madhavi	p	p	p	p	p	p	p
8	I year	B.Sc (CBZ)	202004049008	D.Lakshmi Prasanna	p	p	p	p	p	p	p
9	I year	B.Sc (CBZ)	202004049009	G.Sameera	p	p	p	p	p	p	p
10	I year	B.Sc (CBZ)	202004049017	K.Suresh	p	p	p	p	p	p	p
11	I year	B.Sc (CBZ)	202004049020	M.Mounika	p	p	p	p	p	p	p
12	I year	B.Sc (CBZ)	202004049025	U.Harikha	p	p	p	p	p	p	p
13	I year	B.Sc (CBZ)	202004049026	U.Lavanya	p	p	p	p	p	p	p
14	I year	B.Sc (CBZ)	202004049027	V.Madhuri	p	p	p	p	p	p	p
15	I Year	B.Sc(CBZ)	202004049028	Y.Sireesha	p	p	p	p	p	p	p

STUDENT ATTENDANCE

SLN o.	Year	Group	Hall ticket No	Name of the student	16-04- 2021	17-04- 2021	19-04- 2021	20-04- 2021	22-04- 2021	23-04- 2021	24-04- 2021
1	III year	B.Sc (CBZ)	1800435002	M.Indumathi	p	p	p	p	p	p	p
2	III year	B.Sc (CBZ)	1800435010	Y.Sandhya	p	p	p	p	p	p	p
3	II year	B.Sc (CBZ)	1900435002	B.Madhaavi	p	p	p	p	p	p	p
4	II year	B.Sc (CBZ)	1800435008	M.Hemalatha	p	p	p	p	p	p	p
5	II year	B.Sc (CBZ)	1800435010	U.Aparna	p	p	p	p	p	p	p
6	I year	B.Sc (CBZ)	202004049002	A.Bhavani	p	p	p	p	p	p	p
7	I year	B.Sc (CBZ)	202004049007	Ch.Madhavi	p	p	p	p	p	p	p
8	I year	B.Sc (CBZ)	202004049008	D.Lakshmi Prasanna	p	p	p	p	p	p	p
9	I year	B.Sc (CBZ)	202004049009	G.Sameera	p	p	p	p	p	p	p
10	I year	B.Sc (CBZ)	202004049017	K.Suresh	p	p	p	p	p	p	p
11	I year	B.Sc (CBZ)	202004049020	M.Mounika	p	p	p	p	p	p	p
12	I year	B.Sc (CBZ)	202004049025	U.Harikha	p	p	p	p	p	p	p
13	I year	B.Sc (CBZ)	202004049026	U.Lavanya	p	p	p	p	p	p	p
14	I year	B.Sc (CBZ)	202004049027	V.Madhuri	p	p	p	p	p	p	p
15	I year	B.Sc (CBZ)	202004049028	Y.Sireesha	p	p	p	p	p	p	p

GOVERNMENT DEGREE COLLEGE, NARASANNAPETA, SRIKAKULAM

DEPARTMENT OF ZOOLOGY

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

STUDENT ATTENDANCE

SLN o.	Year	Group	Hall ticket No	Name of the student	26-04- 2021
1	III year	B.Sc (CBZ)	1800435002	M.Indumathi	p
2	III year	B.Sc (CBZ)	1800435010	Y.Sandhya	p
3	II year	B.Sc (CBZ)	1900435002	B.Madhaavi	p
4	II year	B.Sc (CBZ)	1800435008	M.Hemalatha	p
5	II year	B.Sc (CBZ)	1800435010	U.Aparna	p
6	I year	B.Sc (CBZ)	202004049002	A.Bhavani	p
7	I year	B.Sc (CBZ)	202004049007	Ch.Madhavi	p
8	I year	B.Sc (CBZ)	202004049008	D.L.Prasanna	p
9	I year	B.Sc (CBZ)	202004049009	G.Sameera	p
10	I year	B.Sc (CBZ)	202004049017	K.Suresh	p
11	I year	B.Sc (CBZ)	202004049020	M.Mounika	p
12	I year	B.Sc (CBZ)	202004049025	U.Harikha	p
13	I year	B.Sc (CBZ)	202004049026	U.Lavanya	p
14	I year	B.Sc (CBZ)	202004049027	V.Madhuri	p
15	I year	B.Sc (CBZ)	202004049028	Y.Sireesha	p

OBJECTIVE OF THE COURSE :

- Define the terms - food, nutrition, nutrients, health and fitness and the role of food and nutrition in maintaining health
- understand the term, balanced diet and apply the concept in planning and consuming diets
- Understand the basis for defining the Recommended Dietary Allowances (RDAs) and the difference between Dietary Requirement and RDA
- Under stand the basis for classification of foods into appropriate groups
- Analyse the factors which influence adolescent food habits
- Identify the causes symptoms and nutritional interventions related in eating disorders.

Course duration : 15 days

Level : UG

Course type : scheduled

Certification : certification will be given on the continuous comprehensive evaluation of students performance in the learning activities.

GOVERNMENT DEGREE COLLEGE, NARASANNAPETA, SRIKAKULAM

DEPARTMENT OF ZOOLOGY

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

SYLLABUS OF THE COURSE

MODULE 1 (5 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

MODULE 2 (5 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 GUIDE

DIETARY PATTERNS IN ADOLESCENCE

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

GOVERNMENT DEGREE COLLEGE, NARASANNAPETA, SRIKAKULAM

DEPARTMENT OF ZOOLOGY

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

MODULE3 (5 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

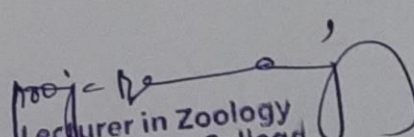
GOVERNMENT DEGREE COLLEGE, NARASANNAPETA, SRIKAKULAM

DEPARTMENT OF ZOOLOGY

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

REPORT:

As a part of academic activity, the department of zoology has conducted certificate course in "Food, Nutrition, Health And Fitness" from 05-04-2021 to 26-04-2021 for the academic year 2020-21. The important objective of the course is to improve basic knowledge in Health and Fitness among the degree students. As per the instructions given by the principal during the minutes of the meeting, 15 members of students are enrolled into the certificate course for BSC(C.B.Z). To enrich the fundamentals of Health and Fitness, the faculty member have engaged classes for 15 days and dealt the basic concepts of the subject. At the end of the course, an external examination with multiple choice questions has conducted for the assessment of learners understanding levels of knowledge. The minimum qualifying of marks of the award of certification is 40%. All the students completed the course successfully and got certificates during the academic year 2020-21.


Lecturer in Zoology
Govt. Degree College
NARASANNAPETA
Srikakulam (Dist)

GOVERNMENT DEGREE COLLEGE, NARASANNAPETA, SRIKAKULAM
DEPARTMENT OF ZOOLOGY
CERTIFICATE COURSE ON FOOD, NUTRITION, HEALTH AND
FITNESS, 2020-21

Time: 1 Hour

QUESTION PAPER

Max. Marks: 50

1. A substance needed by the body for growth, energy, repair and maintenance is called a ____ ()
1. Nutrient 2. Carbohydrate 3. Calorie 4. Fatty acid
2. All of the following are nutrients found in food except? ()
1. Plasma 2. Proteins 3. Carbohydrate 4. Vitamins
3. A diet high in saturated fats can be linked to which of the following? ()
1. Kidney failure 2. Bulimia 3. Anorexia 4. Cardio vascular disease
4. A mineral that the body needs to work properly is? ()
1. Calcium 2. Silver 3. Gold 4. Lead
5. Which of these is NOT considered a nutrient? ()
1. Vitamins 2. Minerals 3. Fiber 4. Fats
6. Which of the following health benefits would result from regular walking ()
1. Increased blood pressure 2. Decreased risk of CHD 3. Increased resting heart rate
4. Decreased life of expectancy
7. How many days do you workout per week? ()
1. 2-3 2. 0-1 3. 3-5 4. 4-7
8. Which of the following test (s) assess body composition? ()
1. Body Mass Index 2. Under water weight 3. Skin fold measurements
4. PACER Test
9. The percentage of water in the human body is? ()
1. 65 2. 70 3. 40 4. 80
10. The disease caused by the deficiency of iron is? ()
1. Anaemia 2. Dysentery 3. Chicken pox 4. Malaria
11. The mineral which controls the functioning of thyroid is? ()
1. Phosphorus 2. Calcium 3. Magnesium 4. Iodine
12. Which of the following food components give energy to our body? ()
1. Proteins 2. Vitamins 3. Minerals 4. Carbohydrates

13. The ability of the heart, blood, blood vessels and the respiratory system to supply oxygen and necessary fuel to the muscles during exercise is called _____. ()

1. Health-related fitness 2. Skill related fitness 3. Physical fitness 4. Cardio vascular fitness

14. Fitness is a personal matter and you should compete with yourself to become healthier. ()

1. True 2. False

15. Which of the following is NOT a/an positive life style aspect according to UNESCO? ()

1. Increases self confidence 2. Helps in coping with stress 3. Elevates depression
4. Increases the level of energy

16. What is the another name of synchronization? ()

1. Speed 2. Coordination 3. Strength 4. Endurance

17. Which of the following is NOT a component of skill related physical fitness ()

1. Agility 2. Muscular strength 3. Coordination 4. Reaction time

18. The percentage of fat, bone, water, muscle in human body is called ? ()

1. Muscular endurance 2. Muscular strength 3. Body composition 4. Flexibility

19. The aim of health related fitness is to prevent ? ()

1. Power 2. Way 3. Capacity 4. Disease

20. Which one of the following activities is part of loco motor skills? ()

1. Running 2. Breathing exercise 3. Solving sudoku 4. Meditation

21. The component of food which help our body to fight against infections is ? ()

1. Proteins 2. Fats 3. Carbohydrate 4. Starch

22. Our body needs _____ litres of water everyday ? ()

1. 2 to 3 2. 7 to 8 3. 10 - 15 4. 1 to 2

23. Excessive body weight due overnutrition leads to ()

1. Rickets 2. Marasmus 3. Obesity 4. kwashiorkor

24. Vitamins and minerals are ()

1. Body building food 2. Energy giving food 3. None of these 4. Protective food

25. Foods like pizza, burger and noodles are rich in ()

1. Carbohydrates 2. Proteins 3. Minerals 4. Vitamins

GOVERNMENT DEGREE COLLEGE

NARASANNAPETA- SRIKAKULAM DIST

DEPARTMENT OF ZOOLOGY



CERTIFICATE

This is to certify that

Mr./Ms _____

of _____ successfully completed Certificate course on
"FOOD , NUTRITION , HEALTH AND FITNESS " and scored
_____ grade during the academic year 2020-2021.

Course coordinator

IQAC Coordinator

Principal