

B.Sc. in Human Nutrition

Program Outcome

After completion of the program the students will be able to work as dieticians, nutritionist and nutrition counsellor, quality controller in food manufacturing and pharmaceutical industries, fitness diet advisor, diabetes and nutrition educator, project associate, consultant and expert in various organizations

Utilize knowledge from the physical and biological sciences as a basis for understanding the role of food and nutrients in health and disease processes.

Students will be able to prepare and deliver effective presentations of technical information to food science and nutrition professionals and to the general public.

Program Specific Outcome

Able to provide nutrition counseling and education to individuals, groups, and communities throughout the lifespan using a variety of communication strategies.

Able to apply technical skills, knowledge of health behavior, clinical judgment, and decision-making skills when assessing and evaluating the nutritional status of individuals and communities and their response to nutrition intervention.

Students can implement strategies for food access, procurement, preparation, and safety for individuals, families, and communities.

Apply food science knowledge to describe functions of ingredients in food

B.Sc. in Human Nutrition Part-I (First Year)

BASIC NUTRITION

Subject Code : BHN-101

Course Objectives

- To understand the functions and role of nutrients, their requirements and the effect of deficiency and excess (in brief)

Course Outcomes

- The student will be able to apply basic nutrition knowledge in making foods choices and obtaining an adequate diet.
- The student gains competence in connecting the role of various nutrients in maintaining health.

HUMAN PHYSIOLOGY

Subject Code : BHN-102

Course Objective

- Students will be able to learn the terminology of the subject.
- Provide basic knowledge of cells, tissues, blood and to understand anatomy and physiology of human body.

Course Outcome

- This subject will develop and understanding of the structure and function of organs and organ systems in normal human body.

NUTRITIONAL BIOCHEMISTRY

Subject Code : BHN-103

Course Objective

- To enable the student to understand the chemical characteristics of different classes of nutrients.
- To explain the process of digestion, absorption and metabolism of macronutrients and micronutrients.

Course Outcome

- The student will have knowledge of biochemical pathways of different nutrients, how they function biochemically and physiologically.
- The student will get information about the role of diet and the nutrients present in them.

FAMILY MEAL MANAGEMENT

Subject Code : BHN-104

Course Objectives

- To determine physiological changes at different stages of lifecycle.
- To discuss, contrast and evaluate the roles of nutrition within the complex processes of pregnancy, lactation, child development and ageing.
- To discuss the impact of socioeconomic, cultural and psychological factors on food and nutrition behaviour.

Course Outcomes

- The student will learn and apply the latest in research-based nutrient needs of infants, children, adolescents, adults, pregnant and lactating females.
- The student gains competence on meeting nutrition needs and establishing dietary patterns to promote optimum health and reducing the impact of chronic diseases in the elderly

B.Sc. in Human Nutrition (B.SC.-HN) Second Year

BASIC DIETETICS

Subject Code : BHN-201

Course Objectives

- To understand the foundation sciences which underpin therapeutic dietetic practice, the principles of disease prevention and health promotion, the principles of therapeutic intervention practice.
- To understand the organization, management and provision of healthcare both in the hospital and in primary care.

Course Outcomes

- The student will be able to understand the transition of diet from clear liquid to full-liquid to soft and then normal.
- The student will be able to study and understand the Diet and its principles.
- The student will be able to identify three routes used to deliver nutrients to clients and potential complications with these routes.
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FOOD MICROBIOLOGY

Subject Code : BHN-202

Course Objective

- To acquire an elementary knowledge about microorganisms
- To determine physiological changes at different stages of lifecycle.
- To discuss, contrast and evaluate the roles of nutrition within the complex processes of pregnancy, lactation, child development and ageing.
- To discuss the impact of socioeconomic, cultural and psychological factors on food and nutrition behaviour.

Course Outcome

- The student gains knowledge about the origin of food microbiology, learns to classify and understand the characteristic features of microorganisms.
- The student will be able to understand the bacterial growth and culturing of bacteria.
- The student will learn and apply the latest in research-based nutrient needs of infants, children, adolescents, adults, pregnant and lactating females.
- The student gains competence on meeting nutrition needs and establishing dietary patterns to promote optimum health and reducing the impact of chronic diseases in the elderly.

FOOD SCIENCE

Subject Code : BHN-203

Course Objectives

- To know the role of food in health.
- To know the chief nutrition provided by eggs, meat and meat products.
- To know the chief nutrition provided by sugar and sugar related products.
- To study the function and role of spices in cookery.
- To study different types of beverages.

Course Outcomes

- The student will be able to apply basic nutrition knowledge in making foods choices and obtaining an adequate diet.

PERSONNEL MANAGEMENT**Subject Code : BHN-204****Course Objectives**

- Understand the special characteristics of food service.
- To enable students to understand the management of human in food service establishment.
- To teach the student the mechanics of accounting in hotel and catering industry.
- Gain knowledge to develop skills in handling equipment and maintenance.

Course Outcome

- The student will be able to understand the different areas and segments of the hospitality industry.
- The student will be able to understand the development of Food Service Institutions.

The student will understand the concept of approaches to Management, Principles and Functions of management and tools of Management

B.Sc. in Human Nutrition (B.SC.-HN) Third Year**COMMUNITY NUTRITION****Subject Code : BHN-301****Course Objective**

- Understand the concept of health from the individual and community perspective.
- Understand the common nutritional problems of the community their causes, symptoms, treatment and prevention.
- To know the schemes, programmes and policies of Government of India to Combat Malnutrition.
- Understand the modern methods of nutritional quality of food.

Course Outcomes

- Defining, assessing, and understanding the health status of population, determinants of health and illness and factors contributing to health promotion and disease prevention.
- The students will be able to understand the concept of Nutrition Security and get familiarized with the various approaches and strategies for combating malnutrition.

ADVANCED DIETETICS

Subject Code : BHN-302

Course Objectives

- To understand the foundation sciences which underpin therapeutic dietetic practice, the principles of disease prevention and health promotion, the principles of therapeutic intervention practice.
- To understand the organization, management and provision of healthcare both in the hospital and in primary care.

Course Outcomes

- The student will be able to study aetiology, symptoms and treatment of GIT diseases.
- The student will be able to study aetiology, symptoms and treatment of different metabolic disorders.

DIETETICS AND COUNSELLING

Subject Code : BHN-303

Course Objectives

- Utilize knowledge from the physical and biological sciences as a basis for understanding the role of food and nutrients in health and disease processes.
- To apply technical skills, knowledge of health behavior, clinical judgment, and decision-making skills when assessing and evaluating the nutritional status of individuals and communities and their response to nutrition intervention.

Course Outcomes

- Students will be able to implement strategies for food access, procurement, preparation, and safety for individuals, families, and communities.
- Students able to understand principles of diet therapy, modification of normal diet for therapeutic purposes and the role of dietitian.