

Programme	Associate Degree in Home Economics	Course Code	HEFN-203	Credit Hours	2(2+0)
Course Title	Fundamentals of Food and Nutrition				
Course Introduction					
This subject will equip students with basic nutrition concepts, including the role of nutrients in the body and the foods sources of those nutrients. They will learn to identify factors which influence food choice, and how they influence nutritional status. Students will also learn to apply the concepts to the planning and preparation of meals.					
Learning Outcomes					
After completing this course students will be able to: 1. Develop an understanding of basic terms in food, nutrition and dietetic. 2. Understand the role of various nutrients and their importance in planning and preparing balanced diet.					
Course Contents					
Week 1	Introduction to Nutrition; definition of food; nutrition, dietetics and relevant terms: health, nutrients, nutritional status, and malnutrition. Functions of foods: physiological, psychological and social.				
Week 2	Signs of good and poor nutrition.				
Week 3	Carbohydrates - classification, functions, food sources, deficiencies				
Week 4	Proteins - types, food sources, deficiencies				
Week 5	Lipids, fats, cholesterol and obesity				
Week 6	Vitamins and fibers				
Week 7	Minerals - macro & micro, functions, sources, deficiencies				
Week 8	Mid Term				
Week 9	Balanced Diet - principles and components				
Week 10	Food Guide Pyramid, DRIS				
Week 11	Nutrient conservation-storage & cooking methods				
Week 12	Food habits and culture				
Week 13	Food fads and fallacies				
Week 14	Principles of diet therapy and fitness				
Week 15	Revision				
Week 16	Final Assessment				
Text Books and Reading Materials					
Geissler, C. A., & Powers, H. J. (2010). <i>Human nutrition</i> (12th ed.). Churchill Livingstone. Mudambi, Sumati, R. and Rajagopal, M.V. (2013). <i>Fundamentals of Food, Nutrition, and diet therapy</i> . New Age International. Srilakshmi, B. (2023). <i>Food science</i> (8th ed., Multi- Colour Edition). New Age International Publishers Whitney, E. N., & Rolfes, S. R. (2022). <i>Understanding nutrition</i> (16th ed.). Cengage Learning					
Teaching Learning Strategies					
Lecture-based learning through lectures and presentations. Group learning through group assignments discussion and laboratory work. Individual learning through practical work and application of theory principles.					