Programme	Associate Degree in Home Economics	Course Code	HEFN-103	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). *Human nutrition* (12th ed.). Churchill Livingstone.
Mudambi, Sumati, R. and Rajagopal, M.V. (2013).Fundamentals of Food, Nutrition, and diet therapy. New Age International.
Srilakshmi, B. (2023). *Food science* (8th ed., Multi- Colour Edition). New Age International Publishers
Whitney, E. N., & Rolfes, S. R. (2022). *Understanding nutrition* (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.