## Diploma

|  |
| --- |
| TITLE: Food and Nutrition |
| Module Code:  Module: Food and Nutrition  Year: 2017 |
| 1. Instructional Hours:   Minimum Requirement: 12 hours  Lecture: 12 hours  Project: 6 hours  Private study: 12 hours  Total:  Credit Value: 2 |
| 1. Module Synopsis:   Observe and investigate properties of foods.  • Become aware of carbohydrates, proteins, fats, and vitamins as components of food.  • Gain experience with indicators.  • Use indicators to test for acid, vitamin C, sugar, and fat in foods.  • Relate the results of investigations and experiments to the amount of chemicals in foods.  • Become aware of guides for healthy nutrition.  • Become informed consumers, able to gather information about food products |
| 1. Module Objectives   The course aims to fulfill the following objectives:   * Educate individuals and the public on food choices that will optimize health and prevent disease. * Apply nutrition principles to health promotion and the prevention of diet-related disease conditions. * Monitor trends and issues in the discipline of nutrition and translate this information into curriculum and training programs. * Apply research principles and methods to the examination of current problems in nutrition and health. |
| 1. Learning Outcomes:   Understand the Definition of Nutrition, Food and Health.  Understand The Importance of Nutrition.  Understand The Class of Nutrients  Understand The Changing Concept of Nutrition.  Understand The Relation between Nutrition and Health.  Understand The Functions of Food and Nutrition d.  Understand The States Of Nutrition  Understand The Nutritionally Balanced Diet  Understand The Food Pyramid |
| 1. Assessment Components:   To successfully complete the module students must perform the following:   |  |  |  | | --- | --- | --- | | Components | Weightage | Due Date | | Assignment | 100% | 2 weeks after end of module |  * The nominal word count for this module is 1,200 words. The suggested range is in between 1000-1500 |
| 1. Teaching and learning strategies   Study of this module is by classroom tuition, case-study and independent study.  Teaching media includes:   * PowerPoint * Multimedia Resources * Books references |
| 1. Recommended Reading |

## Detailed Syllabus

|  |
| --- |
| Learning Objectives: |
| 1. Introduction to Food and Nutrition |
| 7.0 Introduction to Food and Nutrition  7.1 Explain the Definition of Nutrition, Food and Health.  7.2 Describe the Importance of Nutrition. |
| 2. The Class of Nutrients. |
| 7.3 Discussion on Class of Nutrients.  7.3.1. PROTIENS  7.3.2.CARBOHYDRATES  7.3.3. FATS  7.3.4. VITAMINS  7.3.5. MINERALS  7.3.6. WATER |
| 3. The Changing Concept of Nutrition |
| 7.4. Discussion on Changing Concept of Nutrition.  7.5. Explain what is the relation between Nutrition and Health. |
| 4. The States Of Nutrition. |
| 7.6. Describe and Brief about Functions of Food and Nutrition.  7.7. Explain on States Of Nutrition.  - Nutritionally Balanced Diet.  - The Food Pyramid. |