

# Tamralipta Mahavidyalaya

## PROGRAMME and COURSES OUTCOME

### B.SC. MINOR IN NUTRITION:- (NEP under CCFUP,2023)

#### MI – 1: Fundamental Nutrition Part-I

##### PROGRAMME Specific Outcome:

Food & Nutrition is the study of nutrients in food, how the body uses them, and the relationship between diet, health, and disease. Nutrition is a critical part of health and development. Nutrition and dietetics is a good course for those who are interested in health and wellness and want to make a career in this field. The importance of the Nutrition course in health has a significant impact on the human body. In addition to providing energy for the body, a nutritious and well-balanced diet strengthens the immune system, improves mental clarity, and promotes safer pregnancies.

After pursuing B.Sc. Food Science and Nutrition, students can also go for further studies such as M.Sc. (Food Science and Nutrition, Clinical Nutrition and Dietetics, Food Science and Technology), Ph.D. And scientists, dieticians, nutritionists, etc. Nutritionists use ideas from molecular biology, biochemistry, and genetics to understand how nutrients affect the human body. Besides this, the future of Nutrition subjects is the employment opportunities in this field can range from being a consultant, food inspector, sports nutritionist, nutrition trainer to a food show host. In the private sector, the job roles can also involve that of a quality control officer, production manager, or supervisor.

## Corse Outcome

### (B.SC. MINOR IN NUTRITION)

Sl. No.	SEM 1	Outcome (within 50 words)
	COURSES	
1	MI – 1 (NUTMI01) (Disc.-I) <b>Fundamental Nutrition Part-I</b>	<ul style="list-style-type: none"> <li>• The students will able to know the importance of nutrients as basic requirements for life is explored alongside food groups and the food pyramid.</li> <li>• It provides knowledge about diseases, early recovery, and various nutrition awareness programmes.</li> <li>• The topic explains the Recommended Dietary Allowance (RDA) for all age groups throughout the lifecycle.</li> <li>• It helps to assess the nutritional status of individuals systematically from intrauterine life to adulthood.</li> <li>• This chapter focuses on the dietary management of all phases of human life.</li> <li>• It invests in promoting the overall health and well-being of all individuals, offering significant benefits to society.</li> </ul>
2	<b>SEM-II</b> <b>COURSES</b>	
	MI-2 (NUTMI01) (Disc.-II) <b>Fundamental Nutrition Part-II</b>	<ul style="list-style-type: none"> <li>• In the future, students will be able to explain the modern concept of IEC, which develops communication strategies to promote positive behavior in society or the community.</li> <li>• It provides knowledge about nutrition education, communication, and behavior change, improving public health outcomes by motivating people to adopt a healthy lifestyle.</li> <li>• It discusses different healthcare systems and their services through health workers like ASHA, Anganwadi, or CDC.</li> <li>• It focuses on achieving optimal health for both mother and child, including the National Immunization Schedule.</li> <li>• This topic informs about food-borne diseases and their prevention.</li> <li>• Students can learn about food safety, handling processes, detection of food adulteration, their adverse effects on human health, and their management</li> </ul>

		processes.
<b>MDC-02T</b>		
<b>Community nutrition and Public Health</b>		
<p>Community nutrition and public health are intertwined disciplines focused on improving the health and well-being of populations. Community nutrition emphasizes the promotion of health and prevention of disease through education, advocacy, and intervention strategies tailored to specific communities. It addresses factors such as access to nutritious food, food security, and culturally appropriate dietary practices.</p> <p>Public health, on the other hand, takes a broader approach to improving health outcomes by addressing the underlying determinants of health at the population level. This includes efforts to control infectious diseases, promote healthy behaviors, ensure access to healthcare services, and create supportive environments for health.</p> <p>Together, community nutrition and public health work to address health disparities, promote health equity, and empower individuals and communities to lead healthier lives. They involve collaboration among various stakeholders, including government agencies, healthcare providers, community organizations, and individuals, to create sustainable solutions for improving population health.</p>		
3	<b>SEM-II</b>	
	<b>COURSES</b>	
	<b>MDC-02T</b>  <b>Community nutrition and Public Health</b>	<ul style="list-style-type: none"> <li>• Students are able to acquire awareness and understanding of population-related issues such as population growth, reproductive health, and sustainable development.</li> <li>• It helps to educate about the economic and environmental implications of population dynamics.</li> <li>• It focuses on the foods we eat, where they come from, and their impact on our body systems. It teaches how to plan a proper diet in various physiological conditions and how to manage it.</li> <li>• It provides knowledge of the causes of different health outcomes in different groups of people, enriching students with public health policies.</li> <li>• It improves nutrition diagnosis by providing advice, education, and delivering food components of specific diets or meal plans tailored to individual needs.</li> <li>• This topic informs us about various nutrition intervention programs, which are initiatives designed to improve the nutritional status and health outcomes of individuals or communities.</li> <li>• Students can identify nutritional problems within</li> </ul>

		communities and study how to prevent them by employing various approaches such as surveys and epidemiological studies.
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