



Shyama Prasad Mukherji College For Women
University of Delhi



Digital Initiatives for Advancement of Learning

introduces

Add-On Online Certificate Course 2020
on

Diet and Wellness

Course Duration: 40 Hrs

Open to all Undergraduate and Postgraduate Students of College/University/Institute of India

Participants will have to bring their own Course Material for the Practicals

Last Date for Registration : **25 July, 2020**

Registration Link: <https://tinyurl.com/SPMC2020>

Registration fee for the entire course module: 3000 INR + GST

For more information visit college website: <http://spm.du.ac.in>

Department of Food Technology

Certificate Course on Diet and Wellness

Total Hours: 60

Modules	No. of Hours
<p>Module 1</p> <p>Introduction to basic nutrition: Macro nutrients - Carbohydrates, Proteins and Fats Micronutrients-Vitamins and Minerals</p>	<p>8</p>
<p>Module 2</p> <p>Basic concepts of Diet Planning: Principles of meal planning Introduction to Food exchange list Concept of recommended dietary intakes Diet records and their analysis</p> <p><u>Practical :</u> Identification of food sources using food composition tables. 24 hours dietary recall and it's analysis</p>	<p>20</p>
<p>Module 3</p> <p>Nutrition for the Family: Nutritional concerns and healthy food choices during Adulthood- Man and Woman Pregnancy and lactation</p> <p><u>Practical:</u> Planning of meals for adults, pregnant and lactating mothers. Preparation of healthy snacks during pregnancy/lactation</p>	<p>12</p>

<p style="text-align: center;">Module 4</p> <p>Weight management during obesity/overweight : Assessment, etiology and health complications of obesity Principles of planning weight reducing diets</p> <p><u>Practical:</u> Calculation of BMI Low calorie snacks/meals preparation</p>	10
<p style="text-align: center;">Module 5</p> <p>Diet for Diabetes Mellitus : Etiology and nutritional management of diabetes. Diet planning for diabetics.</p>	6
<p style="text-align: center;">Module 6</p> <p>Diet for hypertension and atherosclerosis : Etiology and nutritional management of hypertension and atherosclerosis.</p>	4

