

**INVERTIS UNIVERSITY
FACULTY OF MANAGEMENT
Department of Management**

18 Jan 2021

CIRCULAR

**VALUE ADDED COURSE - HEALTH AND NUTRITION-BB-013
BBA VI SEMESTER**


Student of BBA IIIrd year are hereby informed that value added course “**HEALTH AND NUTRITION**” is scheduled from 01 February 2021 in your respective classroom, Academic Block-III.

Schedule:

- Time Slot: 03:00 PM to 05:00 PM
- Key Speaker: **Ms. Shalini Anand**
- Duration: 2 hrs

Program Overview:

The objective of this course is to appreciate the importance of balanced diet & understand the food and nutritional requirements of adults also understand the role of nutrition in weight management.


Rajeev Singh Bhandari
(HOD)



Invertis University, Bareilly
Faculty of Management
Session 2020-21
HEALTH AND NUTRITION-BB-013

COURSE OUTCOME

By the end of this course, students will be able to:

- Apply knowledge of Health and Nutrition
- To Learn the importance of balanced diet
- To understand the food and nutritional requirements of adults
- To understand the role of nutrition in weight management, diabetes and cardio vascular disease.

UNIT I

Introduction to health and nutrition

Explanation of terms- Health, Nutrient requirement, Dietary standards, Recommended Dietary Allowance, Balanced diet Food Groups, Functions of food, Food guides-Food pyramid

UNIT II

Planning a balanced diet

Principles of planning a diet, Guidelines for planning a balanced diet, Food Exchange list, Steps in planning a diet

UNIT III

Nutritional and Food Requirements of Adults

Reference man and woman - Classification of activities based on occupation- Nutritional requirements of adults- Importance of functional foods.

UNIT IV

Nutrition and Weight management

Over nutrition-Obesity: Aetiology, Assessment- Body weight, BMI, Waist circumference, Diet therapy- principles of dietetic management and dietary guidelines

UNIT V

Fitness for health

Fitness- Types and Components. Role in prevention of disease and health promotion Yoga for fitness, Role of exercise, dance, games and martial arts in fitness.

Rajew

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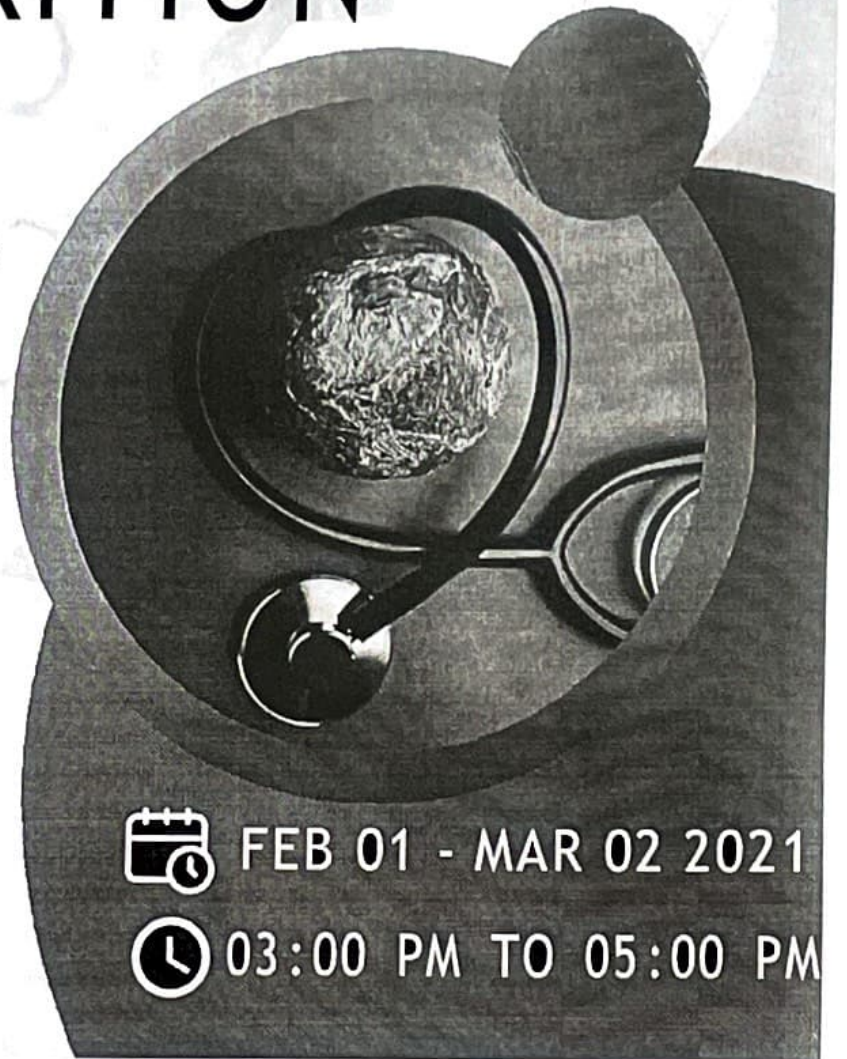
HEALTH AND NUTRITION

Organised by:-
Department of Management

Program:- BBA VI

Key Speaker :
Ms. Shalini Anand

IOD :
Rajeev Singh Bhandari



 FEB 01 - MAR 02 2021

 03:00 PM TO 05:00 PM

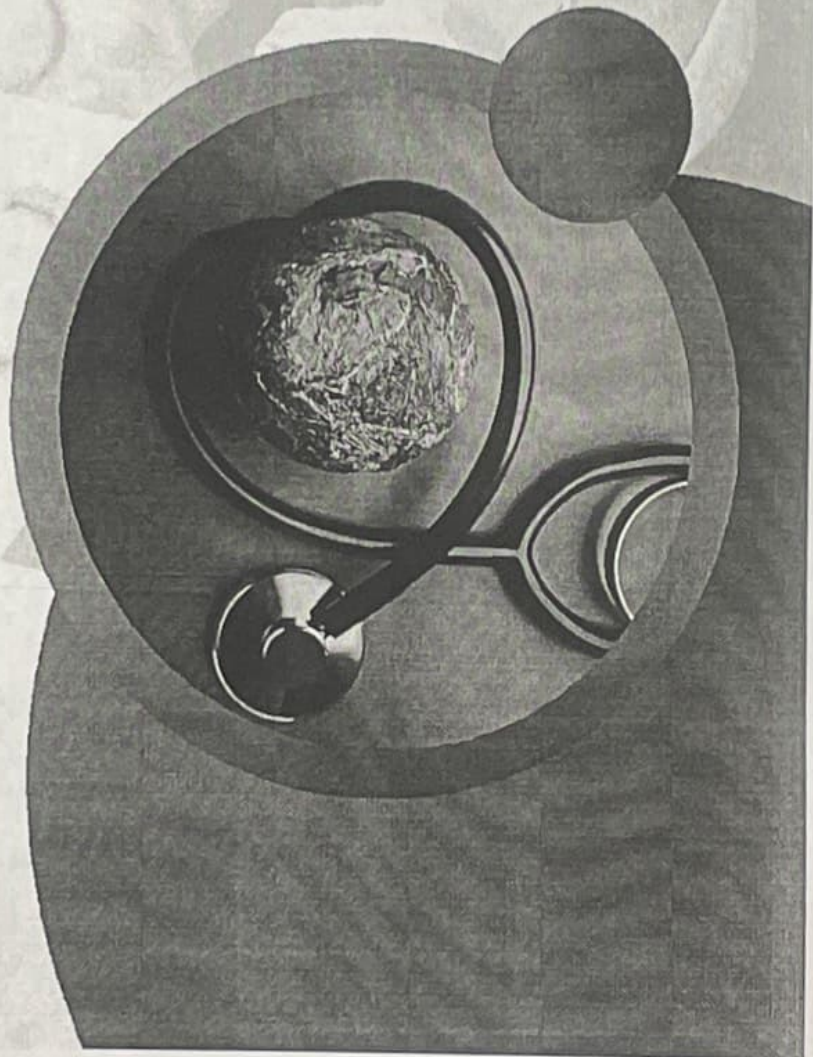
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