

Invertis University, Bareilly
Faculty of Management
Session 2021-22
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

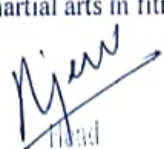
Over nutrition-Obesity: Aetiology, Assessment- Body weight, BMI, Waist circumference, Diet therapy- principles of dietetic management and dietary guidelines

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.


Registrar
Invertis University
Bareilly


Head
Department of Management (BBA)
Faculty of Management
Invertis University, Bareilly (UP)


Dean Academics
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INVERTIS UNIVERSITY
FACULTY OF MANAGEMENT
Department of Management

16 Jan 2022

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 02 February 2022 in your respective classroom, Academic Block-III.

Schedule:

- Time Slot: 03:00 PM to 05:00 PM
- Key Speaker: **Dr. Ankita Tandon**
- 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.



Dean Academics
Faculty of Management
Invertis University, Bareilly (UP)

Registrar
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Rajeev Singh Bhandari
(HOD)

Head
Department of Management (BBA)
Faculty of Management
Invertis University, Bareilly (UP)

INVERTIS
UNIVERSITY BAREILLY

HEALTH AND NUTRITION


Organised by:-
Department of Management


Program:- BBA VI

Key Speaker :
Dr Ankita Tandon

HOD :
Rajeev Singh Bhandari



 FEB 02 - MAR 15 2022

 03:00 PM TO 05:00 PM



Lead Academics
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Invertis University, Bareilly (UP)

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