

Course name: Integrated approach on Preventive Nutrition (30 hours)

Module 1: Fundamentals of holistic and preventive nutrition; Therapeutic nutrition- definition, benefits and application; Food as medicine and dietetics; Diet therapy.

Module II: Basic of nutritional association with fitness; Nutrition in daily basis on a family; Maternal and child nutrition; Nutritional aspects on life span of elderly; Nutraceuticals and functional formulations on daily diet; Community nutrition.

Module III: Introduction to Food safety; Nutritional ethics; Nutrition and public health; Guidelines of WHO and Governments in enhancing immunity through nutrition; Contribution of nutrition in preventing life threatening diseases- case study.

27 hours: Teaching, 3 hours: Assessment and evaluation