

**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**