

NUTRITION AND HEALTH EDUCATION SYLLABUS

UNIT-I Basic concepts in Food and Nutrition

- Food and nutrition
- Functions of Food

UNIT-II Nutrients

- Macronutrients
- Micronutrients

UNIT-III Food groups (process of food selection and preparation)

- Cereals
- Pulses
- Fruits and Vegetables
- Milk and milk products
- Eggs
- Meat poultry and fish
- Fats and oils

UNIT-IV Basic Concepts of Meal Planning

- Recommended Dietary Intakes
- Balanced Diet

UNIT-V Nutritional Status

- Assessment of nutritional status
- Food habits
- Food misinformation