

NUTRITION & HEALTH EDUCATION
COURSE OUTCOMES
BA 1st year

1st Year				
Sr. No	Subject Code	Subject Name	Subject Category (DSC, DSE, GE, SEC, AECC)	Course outcome
1.	BANHE- A- 101	Fundamentals of Nutrition and Food Science	DSC -I	<p>CO1 - The students will be familiarise with the basic concept of Food and Nutrition, Nutrients and food groups.</p> <p>CO2 – They will be aware of how to derive maximum benefit from available food resources.</p>
2.	BANHE- A- 102	Nutrition for the Family	DSC-II	<p>CO1- The students will able plan a Balanced Diet from Food Groups.</p> <p>CO2- They will learn how to plan a meal for different age groups.</p>
2nd Year				
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Sr. No	Subject Code	Subject Name	Subject Category (DSC, DSE, GE, SEC, AECC)	Course outcome
3.	BANHE- A -201	Introduction to Food Safety	DSC-III	<p>CO1- They will be aware of the importance of Food Safety and its consequences.</p> <p>CO2- They will be acquainted with different levels of health care services provided by the government.</p>

4.	BANHE- A 202	Public Health Nutrition	DSC-IV	CO1- The students will be able to identify nutritional deficiency diseases and contribute to the prevention of public health/ social problems in the country. CO2- They will be familiar with the concept of Food Security.
5.	BANHE- A -203	Home Based Catering	SEC-I	CO1- The students will be implant regarding Food service Industry, Food Production as well as standardization of a recipe. CO2- The students will learn the various steps to set up one's own food service unit.
6.	BANHE- A -204	Nutrition and Fitness	SEC-II	CO1- The students will understand the importance of fitness and how to assess their own fitness. CO2- They will be able to plan weight reducing diets.

3rdYear

Sr. No	Subject Code	Subject Name	Subject Category (DSC, DSE, GE, SEC, AECC)	Course outcome
7.	BANHE-A-301	Public Nutrition	DSE - I	CO1- The students will understand the role and scope of public nutritionist/dieticians in the community. CO2- They will be able to plan and calculate the diet for various deficiency diseases.
8.	BANHE -A -302	Therapeutic Nutrition	DSE - II	CO1- The students will be able to modified normal diet to Therapeutic diet. CO2- They will be able to calculate the diets for various

				lifestyle diseases with the help of Nutrition composition tables.
9.	BANHE -A-303	Maternal and Child Nutrition	SEC- III	CO1- They will understand the importance of nutrition in pregnancy and lactation. CO2- They will be able to assess and manage malnutrition in preschool children.
10.	BANHE -A-304	Food and Nutrition	SEC- IV	CO1- The students will be able to cook recipes using different methods of cooking preventing nutrient loss. CO2- They can assess their nutritional status by using 24 dietary recall method.
11	BANHE- A-305	Human Nutrition	GE - I	CO1- The students will familiarize with the basic concept of Food and Nutrition, Nutrients and food groups. CO2- They will be able to understand the nutritional requirements during different stages of life.
12	BANHE -A – 306	Nutrition: A lifespan Approach	GE - II	CO1- They will be able to plan a balanced diet. CO2- They will understand the concept of food exchange list and how to use them for planning a diet.