

J.S. UNIVERITY, SHIKOHABAD, FIROZABAD, U.P

Department: Pharmacy

Value Added Course

Health Education and Nutrition

(VAC-142)

DURATION OF COURSE: 30 HOURS

TIME: 3 HOURS IN A WEEK

MODE: ONLINE

UNIT-1	6 HOURS
Health, concepts of health, dimensions of health, public health and its concept.	
UNIT -II	6 HOURS
Health and development, role of nutrition in body.	
UNIT -III	6 HOURS
Balance diet, role and functions of vitamins, minerals, and nutrients.	
UNIT- IV	6 HOURS
Nutritional and deficiencies.	
UNIT -V	6 HOURS
Malnutrition and its types, control and prevention of malnutrition.	

REFERENCE:

1. Mudambi. SR and Rajagopal, MV. Fundamentals of Foods, Nutrition and Diet Therapy; Fifth Ed; 2012; New Age International Publishers
2. Khanna K et al. Textbook of nutrition and dietetics; 2013; Phoenix Publisher.
3. Wardlaw GM, Hampf JS. Perspectives in Nutrition: Seventh Ed; 2007; McGraw Hill.
4. Lakra P, Singh MD. Textbook of Nutrition and Health; First Ed; 2008; Academic Excellence.
5. Wadhwa A and Sharma S (2003). Nutrition in the Community-A Textbook. Elite Publishing House Pvt. Ltd. New Delhi.



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