

# VALUE ADDED COURSE SESSION 2017-18

## TOPIC: NUTRITION AND WEIGHT MANAGEMENT

Duration: 30 Hours (1 Month)

### SYLLABUS

#### **WEEK 1:**

- Meaning and Definition of Nutrition
- Basic Nutrition guidelines
- Role of nutrition in daily life
- Meaning of Weight management Concept of weight management in modern era  
Factor affecting weight management.

#### **WEEK 2:**

- Carbohydrates, Protein, Fat ,vitamins- Meaning, classification and its function
- Factor to consider for developing nutrition plan and weight management plan
- Role of daily life water balance, Nutrition – daily caloric requirement and expenditure

#### **WEEK 3:**

- Concept of BMI (Body Mass Index), Obesity and its hazard .
- Obesity- Definition, meaning and types of obesity.
- Dieting versus exercise for weight control, Common Myths about Weight loss

#### **WEEK 4:**

- Nutrition – Daily calorie intake and expenditure

