**VALUE ADDED COURSE SESSION 2016-17**

**TOPIC : NUTRITION AND WEIGHT MANAGEMENT**

DURATION : 30 HOURS (1 MONTH)

**SYLLABUS**

**WEEK 1:**

* Meaning and Defination of Nutrition
* Basic Nutrition guidelines
* Role of nutrition in daily life
* Meaning of Weight management Concept of weight management in morden era Factor affecting weight management.

**WEEK 2:**

* Carbohydrates, Protien, 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- Defination , meaning and types of obesity.
* Dieting versus exercise for weight control, Common Myths about Weight loss

**WEEK 4:**

* Nutrition – Daily calorie intake and expenditure.
* Determination of desirable body weight
* Balanced diet for Indian School Children, Maintaning a Healthy Lifestyle
* Weight management program for sporty child, Role of diet and exercise in weight management.