

**RAJA NARENDRA LAL KHAN WOMEN'S COLLEGE  
(ATONOMOUS)**

**CAREER ADVANCEMENT CENTRE**

*Syllabus For*

*Certificate Course in Food and Health*

**Course Hours : 30**

- **Basic of nutrition (Macronutrition)**
- **Basic of Nutrition (Micronutrition)**
  
- **Balance Diet for infants & children (0 to 2 yrs.)**
- **Balance Diet for children (2 yrs. To 16 yrs.)**
  
- **Balance Diet for Adult Male**
- **Balance Diet for Female:**
  - a) **Child bearing age group**
  - b) **Middle age group**
  
- **Diet in Old age**
  
- **Dietary modification in Hypertension & Cardiac Diseases Diet in Diabetes**
- **Diet in Gastrointestinal disorders**
- **Diet in Kidney disease**
- **Different type of fever & infectious diseases**
  - a) **(Tuberculosis, corona, Adeno etc.)**
- **Diet in liver diseases**

