

SYLLABUS

Certificate Course in Food & Nutrition
Time : 30 Hours

UNIT- I

Food-Classification & functions of food groups Essential food constituents:-

Carbohydrates, Protein, Fats, Water, source: functions, recommended daily allowances, effect of deficiency and excess of these food constituents

Vitamins – A, D, C, B1, B2 Niacin

Minerals – Calcium, Phosphorus & Iodine

UNIT- II

Importance and methods of cooking. Effect of cooking on different nutrients. Methods of cooking, their advantages and disadvantages:

Moist heat – Boiling, Stewing,

Steaming. Dry heat – Roasting.,

Grilling, baking, Frying

Shallow and deep

Microwave cooking.

UNIT- III

Methods of enhancing nutritive value of food stuffs:-

Importance of enhancing nutritive value of food stuffs. Methods of enhancing nutritive value of food stuff, sprouting, fermentation, combination, and supplementation.

UNIT- I

Meal Planning:

Concept of Balanced diet.

Principles of Meal Planning, factors affecting it.

Planning meals for: Children – school going child, Adolescents, Adults, Pregnant Women and lactating mother.

References:-

- Home Management – Ritu Kapoor
- Food & Nutrition – Sweera Relhan
- Introduction to Nutrition – Ritu Kapoor


Coordinator, IQAC
Sh. L.N. Hindu College, Rohtak





SH. L.N. Hindu College, Rohtak **2022-23**
Certificate Course in Food and Nutrition
Course Coordinator - Mrs. Mamta Sehgal

Sr.	Name	Class (section)	Roll No.	Signature
1	Sheetal	BA 2nd	1022	Sheetal
2	Urvashi	BA 2nd	8003	Urvashi
3	Muskan	BA 2nd	8021	Muskan
4	Sujata	BA 2nd	8032	Sujata
5	Ritu	BA 2nd	8031	Ritu
6	Chanchal	BA 2nd	8047	Chanchal
7	Deepti	BA 2nd	8092	Deepti
8	Nancy	BA 2nd	8102	Nancy
9	Meetali	BA 2nd	8105	Meetali
10	Divya	BA 2nd	8108	Divya
11	Priya	BA 2nd	8174	Priya
12	Tanya	BA 2nd	8178	Tanya
13	Manisha	BA 2nd	8197	Manisha
14	Aarti	BA 2nd	8217	Aarti
15	Harsh	BA 2nd	8231	Harsh
16	Neetiksha	BA 2nd	8279	Neetiksha
17	Babita	BA 2nd	8345	Babita
18	Sheha	BA 2nd	8346	Sheha
19	Neha	BA 2nd	8394	Neha
20	bhawna	BA 2nd	8427	Bhawna
21	Jyoti	BA 2nd	8445	Jyoti
22	Simran	BA 2nd	8469	Simran
23	Teena	BA 1st	8363	Teena
24	Shivani Pandey	BA 2nd	8366	Shivani
25	Aarti	BA 2nd	8285	Aarti
26	Neekita	BA 2nd	3257	Neekita
27	gagandeep	BA 2nd	3263	Gagandeep
28	Neha	BA 2nd	3269	Neha
29	Lakshmi	BA 2nd	3280	Lakshmi
30	Shalu	BA 2nd	3338	Shalu
31	Lalita	BA 2nd	3823	Lalita
32	Charu	BA 2nd	3536	Charu
33	Reetika	BA 2nd	3596	Reetika
34	Taniya	BA 2nd	3605	Taniya

Mamta

Pshu Chhabra
 Coordinator, IQAC
 Sh. L.N. Hindu College, Rohtak



2022-23

35	Pooja Arya	BA 2nd	8527	Pooja
36	Cheshta	BA 2nd	2102	Cheshta
37	Kajal	BA 2nd	2111	Kajal
38	Twinkle	BA 1st	8111	Twinkle
39	Ritu	BA 1st	2112	Ritu
40	Jyoti	BA 2nd	3597	Jyoti
41	Priya	BA 2nd	3598	Priya
42	Isha	BA 1st	10136	Isha
43	Tripti	BA 2nd	10142	Tripti
44	Tanu	BA 1st	10210	Tanu
45	Priyanka	BA 2nd	10233	Priyanka
46	Shilpa	BA 2nd	10335	Shilpa
47	Bharti Guhan	BA 2nd	10381	Bharti
48	Yuvika	BA 1st	10447	Yuvika
49	Himani	BA 2nd	10472	Himani
50	Dimple	BA 2nd	10332	Dimple
51	Nidhi	BA 2nd	10485	Nidhi
52	Renu	BA 2nd	10073	Renu
53	Veena	BA 1st	10368	Veena
54	Tina	BA 2nd	10369	Tina
55	Sweeti	BA 2nd	10481	Sweeti
56	Srishti	BA 2nd	10111	Srishti
57	Harshita	BA 1st	10684	Harshita
58	Usha	BA 2nd	10687	Usha
59	Anita	BA 2nd	8527	Anita
60	Anjali	BA 2nd	373	Anjali
61	Ashu	BA 2nd	194	Ashu
62	Babita	BA 2nd	357	Babita
63	Chetna	BA 2nd	8285	Chetna
64	Divya	BA 2nd	3257	Divya
65	Mukesh	BA 1st	10026	Mukesh
66	Reena	BA 2nd	10073	Reena
67	Rachna	BA 2nd	10074	Rachna
68	Priya	BA 2nd	10109	Priya
69	Sarika	BA 2nd	10134	Sarika
70	Sheetal	BA 2nd	10142	Sheetal
71	Sonia	BA 2nd	10826	Sonia
72	Tanya	BA 2nd	1539	Tanya

Manu

Pooja Chandra
Coordinator,
Sh. L.N. Hindu College, Rohtak



Sh L N Hindu College Rohtak

Award List (including Internal Assessment & Final Theory Examination) with Grades
of successful students regarding Online Certificate Course in Food & Nutrition

Course Coordinator : Dr. Mamta

Session : 2022-23

Sr no	Name of Student	Class	Theory Exam (MM 60)	I.A. (MM 40)	Total Marks (100)	Grade
1	Sheetal	BA II	45	36	81	A
2	Muskan	BA II	50	30	80	A
3	Deepti	BA II	45	35	80	A
4	Nancy	BA II	49	32	81	A
5	Divuya	BA II	42	30	72	B
6	Priya	BA II	47	36	83	A
7	Tanya	BA III	50	35	85	A
8	Manisha	BA II	46	35	81	A
9	Neetiksha	BA II	44	38	82	A
10	Babita	BA II	38	35	73	B
11	Bhawna	BA II	54	35	89	A
12	Jyoti	BA III	54	28	82	A
13	Tina	BA I	48	32	80	A
14	Shiwani	BA II	48	25	73	B
15	Aarti	BA III	46	27	73	B
16	Nikita	BA III	40	35	75	B
17	Gagandeep	BA II	50	35	85	A
18	Neha	BA II	50	30	80	A
19	Lakshmi	BA III	42	38	80	A
20	Shalu	BA II	50	31	81	A
21	Charu	BA III	50	22	72	B
22	Reetika	BA III	50	20	70	B
23	Tanya	BA III	48	38	86	A
24	Twinkle	BA III	48	32	80	A

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25	Isha	BA III	52	30	82	A
26	Tripti	BA I	49	24	81	A
27	Shipla	BA II	45	36	81	A
28	Bharti	BA II	50	30	80	A
29	Yuvika	BA II	45	35	80	A
30	Renu	BA II	49	32	81	A
31	Veena	BA II	42	30	72	B
32	Srishti	BA II	47	36	83	A
33	Harshita	BA III	50	35	85	A
34	Ashu	BA II	46	35	81	A
35	Babita	BA II	44	38	82	A
36	Mukesh	BA II	38	35	73	B
37	Reena	BA II	54	35	89	A
38	Priya	BA II	38	35	73	B
39	Ritu	BA II	54	35	89	A

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