

DEPARTMENT OF ENGLISH			Certificate Course				
Course Type	Course Code	Course Title	Credits	Total Contact Hours	CIA	Ext	Total
Certificate Course		Personalized Nutrition	2	30	50	50	100

Course Objectives:
➤ To achieve optimal health and will support self-realization, both within the realm of health and beyond it.
➤ Creating awareness on personal health and hygiene too.

Unit	Course Contents	Hours
I	DEFINITION –FOOD, FOODSCIENCE, AND NUTRIENT NUTRITION-OVER, UNDER, MAL-NUTRIENT, and OBESITY.	6 hrs.
II	COOKING METHODS- COOKING WITH EARTHEN POTS (Benefits and Advantages of cooking in Clay Pots)-AN OUTLINE.	6 hrs.
III	FLAMELESS COOKERY 1.MIXED SPROUTS SALAD/CHAAT 2.BANANA/DATES SMOOTHIE 3.MILKSHAKES 4.LASSI 5.MIXED FRUIT SALAD 6.MILK POHA 7.PAYATHAMPARUPPUURUNDAI.	6 hrs.
IV	1.Raagithithipaal 2.Uludhankali 3.Seasame ball 4.Peanut Chikku	6 hrs.
V	DIET THERAPHY-Importance of Sleep, Hygiene and Sanitation	6 hrs.

#### Books for Reference:

1. Srilakshmi. B. Food Science, New Age International (P) Ltd. Publishers, Sixth edition.2016.
2. Usha Chandrasekar, Food Science in Indian Cookery, Phoenix publishers House Private Limited, 2002.
3. Mahtab. S.Bamji, Kamala Krishnaswamy and G.N.V Brahman, Text Book of Human Nutrition, Oxford and IBH Publishing Company, Third Edition.2009
4. Sumati R. Mudambi,M.V. Rajagopal., Fundamental of food, nutrition and diet therapy. New age international publishers, New Delhi, 2015.
5. Sue Rodwell Williams, Nutrition and Diet Therapy, C.V. Melskey Co., 6 th edition, 2000.