



CHRIST COLLEGE

(AUTONOMOUS) IRINJALAKUDA - KERALA

CERTIFICATE COURSE ON

NUTRITION & HEALTH

OFFERED BY DEPARTMENT OF BVOC.FPT

RESOURCE PERSON :

Surya Thankachan

Food Technologist/ Dietitian



**STARTS
ON**

16/12/2023

CONTACT

ASWIN SANJEEV:95627 12661

**DEPARTMENT OF B.Voc FOOD PROCESSING TECHNOLOGY
CERTIFICATE COURSE REPORT**

“NUTRITION AND HEALTH EDUCATION”

OBJECTIVES

- Promote Awareness of Nutritional Principles
- Understand the Role of Nutrition in Disease Prevention
- Encourage Public Health Education
- Support Lifelong Healthy Habits

INAUGURATION AND COURSE DETAILS

The certificate course titled "**Nutrition and Health Education**" was officially inaugurated on **December 16, 2023**. The inauguration took place through an online platform, with **Ms. Surya Thankachan** serving as the chief guest and resource person. She delivered the keynote address and officially launched the course. The event was coordinated by **Ms. Lulu Varghese**, who acted as the convener of the programme and Mr. Aswin Sanjeev Join convener.

COURSE STRUCTURE AND MODE OF DELIVERY

The course was conducted in the **Hybrid mode**, providing students with direct interaction and hands-on experience. The content covered a comprehensive range of topics focusing on the fundamental principles of nutrition, health education, and the impact of diet on overall well-being. The curriculum was designed to offer both theoretical knowledge and practical applications to ensure participants gained a well-rounded understanding of the subject.

EXAMINATION AND RESULTS

The final examination for the course was conducted on **June 24, 2024**. Out of **32 enrolled students**, **30 students successfully passed** the examination, reflecting a high success rate of **93.75%**. The students demonstrated a strong grasp of the material, showcasing their ability to apply nutritional principles in real-world settings.

Course Outcome

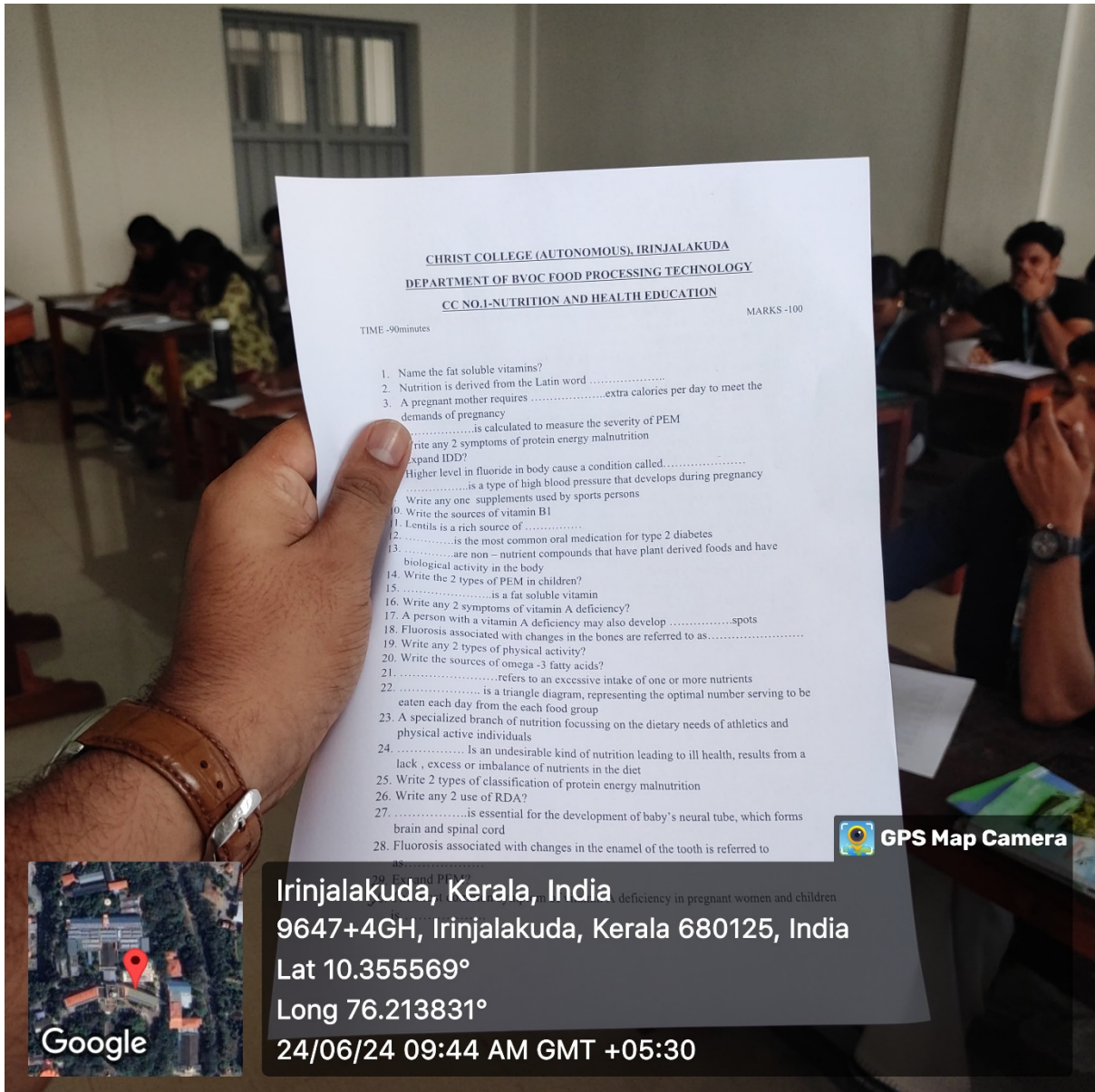
- Comprehensive Knowledge of Nutrition
- Ability to Promote Healthy Eating Habits
- Understanding of Disease Prevention Through Nutrition
- Practical Skills in Meal Planning and Food Safety

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PHOTOGRAPHS



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CERTIFICATE COURSE REPORT



CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA
DEPARTMENT OF BVOC FOOD PROCESSING TECHNOLOGY
CC NO.1-NUTRITION AND HEALTH EDUCATION

TIME -90minutes

MARKS -100

1. Name the fat soluble vitamins?
2. Nutrition is derived from the Latin word
3. A pregnant mother requiresextra calories per day to meet the demands of pregnancy
4.is calculated to measure the severity of PEM
5. Write any 2 symptoms of protein energy malnutrition
6. Expand IDD?
7. Higher level in fluoride in body cause a condition called.....
8.is a type of high blood pressure that develops during pregnancy
9. Write any one supplements used by sports persons
10. Write the sources of vitamin B1
11. Lentils is a rich source of
12. is the most common oral medication for type 2 diabetes
13.are non - nutrient compounds that have plant derived foods and have biological activity in the body
14. Write the 2 types of PEM in children?
15.is a fat soluble vitamin
16. Write any 2 symptoms of vitamin A deficiency?
17. A person with a vitamin A deficiency may also developspots
18. Fluorosis associated with changes in the bones are referred to as.....
19. Write any 2 types of physical activity?
20. Write the sources of omega -3 fatty acids?
21.refers to an excessive intake of one or more nutrients
22. is a triangle diagram, representing the optimal number serving to be eaten each day from the each food group
23. A specialized branch of nutrition focussing on the dietary needs of athletics and physical active individuals
24. Is an undesirable kind of nutrition leading to ill health, results from a lack , excess or imbalance of nutrients in the diet
25. Write 2 types of classification of protein energy malnutrition
26. Write any 2 use of RDA?
27.is essential for the development of baby's neural tube, which forms brain and spinal cord
28. Fluorosis associated with changes in the enamel of the tooth is referred to

GPS Map Camera



Irinjalakuda, Kerala, India
9647+4GH, Irinjalakuda, Kerala 680125, India
Lat 10.355569°
Long 76.213831°
24/06/24 09:44 AM GMT +05:30

DEPARTMENT OF B.Voc FOOD PROCESSING TECHNOLOGY
CERTIFICATE COURSE REPORT

CERTIFICATE



HEALTH AND NUTRITION

Value Added Certificate Course

(Department of Food Processing Technology)

Assessment Procedure 2023-24

Introduction The Certificate Course on Nutrition and Health was designed to provide participants with foundational knowledge and practical skills to improve individual and community health outcomes through proper nutrition. The course aimed to bridge the gap between theory and practice, equipping participants with tools to address nutritional challenges in various contexts. This report highlights the key features, objectives, curriculum, outcomes, and feedback from the course.

The Certificate Course on Nutrition and Health successfully achieved its objectives by empowering participants with essential knowledge and skills to promote healthier lifestyles. The course underscored the critical role of nutrition in personal and public health, paving the way for informed decision-making and sustainable health practices. Future iterations of the course could benefit from expanded content, greater focus on emerging nutritional issues, and enhanced networking opportunities for participants.

Evaluation Criteria

1. Alignment with objectives.
2. Curriculum relevance and comprehensiveness.
3. Effectiveness of teaching methods.
4. Participant engagement and satisfaction.
5. Learning outcomes and practical applications.

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DEPARTMENT OF BVOC FOOD PROCESSING TECHNOLOGY

CC NO.1-NUTRITION AND HEALTH EDUCATION- RETEST

TIME -90minutes

MARKS -100

1. The folic acid deficiency can causedefects in new borns
2. Iodine deficiency is usually treated by using
3. A pregnant mother requiresextra calories per day to meet the demands of pregnancy
4.is calculated to measure the severity of PEM
5. Low iodine causes underactive thyroid called.....
6.are used to treat a zinc deficiency and cause a rapid improvement in skin symptoms
7. Higher level in fluoride in body cause a condition called.....
8.is a type of high blood pressure that develops during pregnancy
9. Normal acceptable levels of fluoride range from to...../day
10.are chemical substances obtained from food and used in the body to provide energy
11. High levels of fluoride in body cause condition called.....
12.is the most common oral medication for type 2 diabetes
13.are non – nutrient compounds that have plant derived foods and have biological activity in the body
14. Fluoride deficiency results indecay
15.tablets should be consumed throughout the pregnancy
16. A person with a vitamin A deficiency may also developspots
17. Fluorosis associated with changes in the bones are referred to as.....
18.is used as a guide to determine the nutritional adequacy of individual diets
19.is the estimation to detect skeletal fluorosis
20.refers to an excessive intake of one or more nutrients
21. is a triangle diagram, representing the optimal number serving to be eaten each day from the each food group
22. A specialized branch of nutrition focussing on the dietary needs of athletics and physical active individuals
23. Is an undesirable kind of nutrition leading to ill health, results from a lack , excess or imbalance of nutrients in the diet
24. Expand WHO?
25.is defined as state of complete physical, social and mental well-being and not merely the absence of any disease and infirmity
26.is essential for the development of baby's neural tube, which forms brain and spinal cord
27. Fluorosis associated with changes in the enamel of the tooth is referred to as.....
28. The main cause of fluorosis is a high level of.....in drinking water

29. A woman should gainkg weight during pregnancy
30.is a condition in which people crave non- food items like ice, chalk, paint, clay or starch
31. Is the current and latest nutrition guide, a food circle depicting a place setting with a plate and glass divided into five groups
32. The mineral which is essential for bone health and muscle function is
33. occurs due to the abandonment of breastfeeding before the actual age due to the birth of a younger sibling
34. Meat and meat products provide good quality protein and iron. Oils and meat products should be consumed
35.anaemia is a blood disorder that affects your red blood cells
36.foods should be consumed sparingly
37. Expand TSH?
38.deficiency is the most common cause of thyroid problems
39. is a musculoskeletal disease in which muscle mass, strength and performance are significantly compromised with age
40.requirements are more to meet the need for skeletal development
41.deficiency can slow a child's growth and delay them reaching sexual maturity (puberty)
42.are the levels of intake of essential nutrients considered to be adequate to meet the known nutritional needs of all healthy persons.
43. Write any 1 method to diagnose iodine deficiency?
44. Iodine deficiency is the most common cause of..... problems
45. is a diet which contain different types of food in quantities enough to meet the need for nutrients during a short duration of starvation
46.is caused by excessive fluoride exposure during first eight years
47. Name the five food groups?
48. The main cause of fluorosis is a high level of in drinking water
49.is a vital dietary component for pre-scholars as it is needed for optimal growth
50. Exclusive breast feeding is sufficient for.....months after birth



CHRIST
COLLEGE (AUTONOMOUS)
IRINJALAKUDA, KERALA

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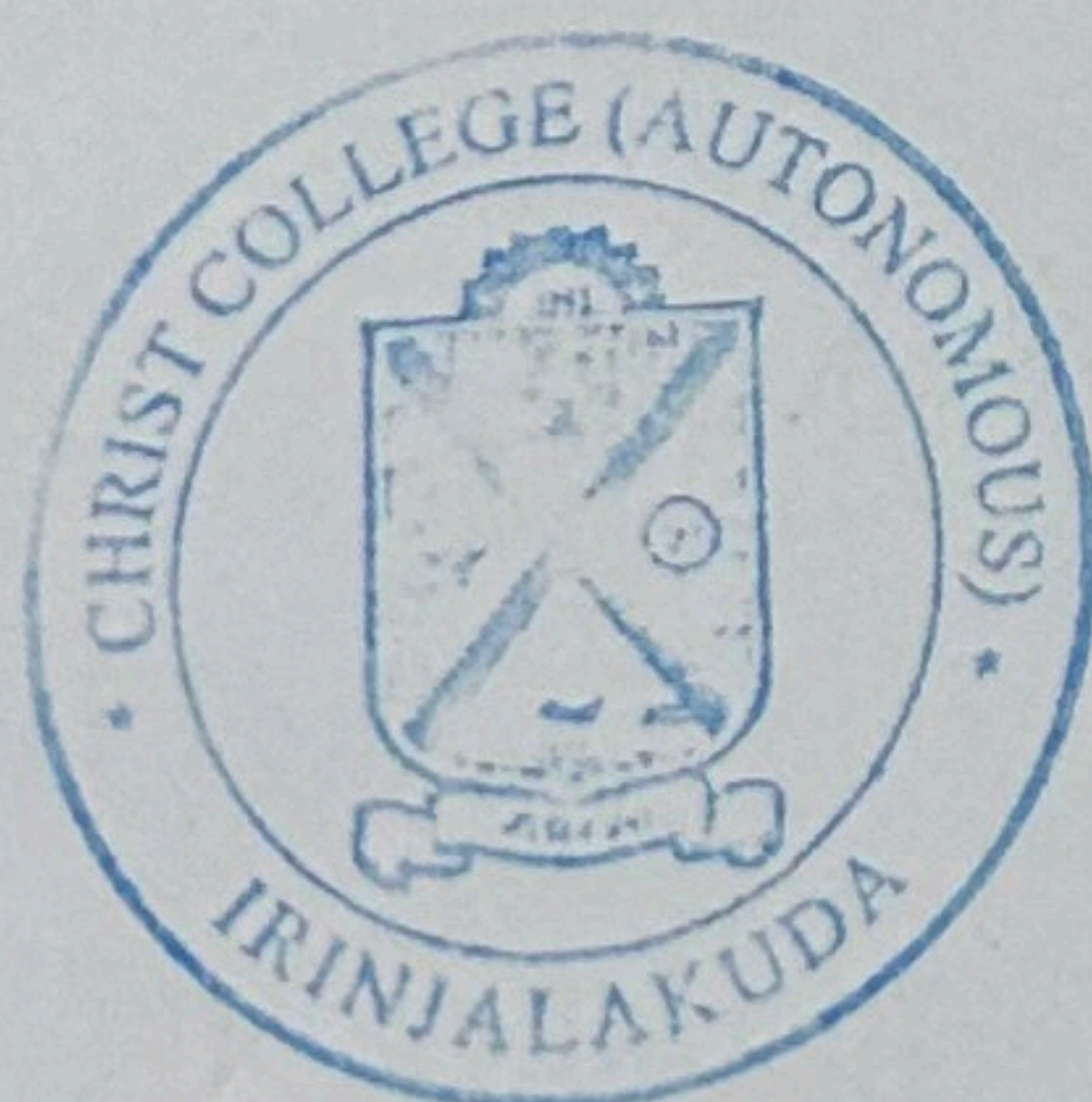
DEPARTMENT OF VOCATIONAL STUDIES
FOOD PROCESSING TECHNOLOGY

Certificate of Appreciation

This is to Certify that

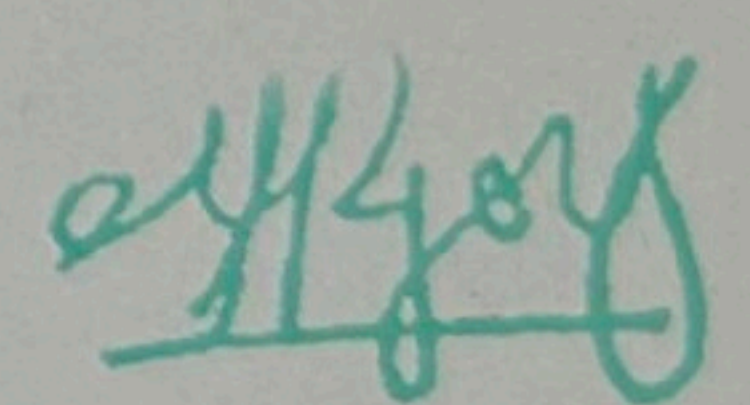
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of B. Voc Food Processing Technology has successfully completed a certificate course in
"NUTRITION AND HEALTH EDUCATION", conducted by department of
Food Processing Technology in the academic year 2023-24.



Mrs. LULU VARGHESE
Program coordinator

Mr. ASWIN SANJEEV
Department coordinator


Rev. Dr. JOLLY ANDREWS CMI
Principal

NUTRITION AND HEALTH - CPCC64

Value Added Certificate Course

(Department of Food Processing Technology)

COURSE COORDINATOR REPORT 2023

Total number of students	33
Date of the examination	24-06-2024
Total number of students who appeared the examination	33
Total number of students who passed the examination	30
Course duration	30 Hours

Student Feedback

- **Students appreciated the new course pattern.**
- **Students highly appreciated the classes of industry experts.**
- **Students satisfied with the quality of resource persons and their approach.**
- **Students were informed about new job prospects that they were not aware of.**

Nutrition and Health Education

18/6/24

Attendance list

Muhammed Aslam N A
ASWIN K

~~A Aslam~~
~~Aswin~~

Karthik
Abram. Menon

~~Karthik~~
~~Abram~~

Fatha Anjela
Poojith P S
Jahani VS

~~Fatha~~
~~Poojith~~
~~Jahani~~

Anamika . E T
Mohamed Amir . P V
Awan? . K . B .

~~Anamika~~
~~Mohamed~~
~~Awan~~

Suncuba VS
Anathi . N A

~~Suncuba~~
~~Anathi~~

Athya Paji
Anvini Devi
Shikha Nairhad

~~Athya~~
~~Anvini~~
~~Shikha~~

Laya Francis
Sikha Jay

~~Laya~~
~~Sikha~~

Prince Shajee
NIDHIN P

~~Prince~~
~~Nidhin~~

JAISE GEORGE JOSE

~~Jaish~~

Angelina C T

~~Angelina~~

Tom George
Sharon Sarthosh

~~Tom~~
~~Sharon~~

Christo Davu
Shadhil Salam

~~Christo~~
~~Shadhil~~