

# **SSD GIRLS' COLLEGE, BATHINDA**

## **DEPARTMENT OF HOME MANAGEMENT & HOME SCIENCE**

# **CERTIFICATE COURSE IN FOOD NUTRITION AND CHILD CARE**

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<b>Eligibility</b>	<b>10+2 or equivalent with English as subject</b>
<b>Duration</b>	<b>3 months</b>
<b>Credits</b>	<b>4 (3+1)</b>
<b>Fees</b>	<b>1500 INR for college students 2000 INR for outsiders</b>

### **OBJECTIVES:**

1. The course enables learners to understand in-depth theoretical as well practical knowledge related to both nutrition and child development.
2. It provides a basic understanding of food, nutrition and health.
3. It also helps in meal planning, nutrition related deficiency, food budgeting, food selection, food storage and food preservation.
4. It enables learners to understand the development of children from birth to six years of age.

### **FOOD NUTRITION**

#### **1. Basic Concepts in Nutrition - I**

- Food, Nutrition and Health
- Macronutrients: Carbohydrates Proteins and Lipids and Water
- Micronutrients: Vitamins, Minerals

#### **2. Meal Planning**

- Balanced Diets
- Principles of Meal Planning, meal planning for the adult pregnant and lactating women infants and preschoolers ,school child and adolescent

#### **3. Effective Utilization of Food Resources**

- Food Selection
- Food Storage
- Food Preservation
- Food Safety

- Nutrition Related Deficiency Diseases- PEM and Xerophthalmia, Anemia and Iodine Deficiency Disorders
- Dietary Management of Obesity and Diabetes Mellitus, Maternal Malnutrition

#### **4. Nutrition Programmes**

- Nutrient Deficiency Control Programmes
- Supplementary Feeding Programmes
- Assessment of Nutritional Status

### **CHILD CARE**

#### **Unit 1: Introduction to Child Care and Development**

- The Experience of Childhood
- Basic Concepts in Child Development and Principles of Development
- The Needs and Rights of Children
- The Importance of Play in Development

#### **Unit 2: The Child: Development in the First Twelve Months**

- Prenatal Development and Care
- Physical, Motor and Sensory Development
- Cognitive Development: The Emergence of Thought
- Language Development: Learning to Speak
- Socio-Emotional Development: The First Relationships
- Play Activities for Fostering Development

#### **Unit 3: The Child: Development During Toddlerhood (13-36 months)**

- Physical and Motor Development: Increase in Mobility and Control
- Cognitive Development: Towards Mental Representation
- Language Development: From Words to Sentences
- Socio-Emotional Development: Expanding Relationships and the Emerging Self
- Play Activities for Fostering Development

#### **Unit 4: The Child: Development During Preschool Years (3-6 years)**

- Developing Physical Strength and Motor Coordination
- Developing Cognitive Abilities and Understanding Concepts
- Enhancing Language Skills
- Social Relationships and Child Rearing

#### **Unit 5: Play Activities for Preschoolers-1 & 2**

- Play Activities for Movement and Mobility
- Exploring the Environment
- Play Activities for Developing Cognitive Abilities and Some Concepts
- Furthering Language
- Fantasy, Story Telling and Dramatization
- Art for Children
- Rhythm: Music and Movement
- Nurturing Creativity

## **PRACTICAL**

1. Planning meal for school going adolescent, adult men and women.
2. Food preservation: Pickles, chutneys, jams, squashes.
3. Preparation of play material for preschoolers.
4. Prepare any one soft toy.

## **References :**

1. Tejmeet Rekhi and Heena Yadav,(2014) Fundamentals of Food and Nutrition.
2. Don Ross (2010) Food and Nutrition.
3. Dr. M Swaminathan,Advanced Text Book On Food & Nutrition - Volume I.
4. J.C. Aggrwal and S. Gupta (2019) Early Childhood Care And Education