

**Shri Agrasen Kanya Post Graduate College
Bulanala/Parmanandpur Varanasi
Department of Co-curricular Course (UG)**

Co-curricular course: Semester-1

Course Title: Food, Nutrition and Hygiene

Programme /Class: Certificate	Year: First	Semester: First
Co-Curricular Course		
Course Code: Z010101T	Course Title: Food, Nutrition and Hygiene	
Course outcomes: <ul style="list-style-type: none">• To learn the basic concept of the Food and Nutrition• To study the nutritive requirement during special conditions like pregnancy and lactation• To learn meal planning• To learn 100 days Nutrition Concept• To study common health issues in the society• To learn the special requirement of food during common illness		