



## KLE UNIVERSITY'S HOMOEOPATHIC MEDICAL COLLEGE & HOSPITAL

(Recognized by " National Commission of Homoeopathy ")

A Constituent Unit of

**KLE Academy of  
Higher Education & Research**

(Deemed-to-be-University u/s 3 of the UGC Act, 1956)

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# VALUE ADDED COURSE ON BASICS OF FOOD SCIENCE AND NUTRITION



**Venue: Sushruta Hall,  
KLE Centenary Charitable Hospital**

#### CONTACT DETAILS:

**Dr. Indira M. Kulkani**  
Course Co-ordinator

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#### Name of the course- BASICS OF FOOD SCIENCE AND NUTRITION

- **Aim**-To educate the patients to consume a balanced diet that promotes stronger health and decreases the risk of nutrition-related diseases and promotes longevity of life.
- **Objectives**-
  1. To define the food & nutrients and to understand the functions of food
  2. To know the classification of food, nutritive value, macronutrients-micronutrients and effects of deficiency of these nutrients
  3. To know the recommended dietary allowances for Indians and planning a balanced diet
  4. To understand the assimilation of food and its effects on growth and activity
  5. To know the nutritional requirements of a. mother & child b. school age to old age
  6. To learn to design a diet chart and meal plan in different conditions
- **Duration of the course** - 25hrs
- **Timing of the Course** - Friday 4:00pm to 5:00pm
- **Eligibility Criteria**- UG Students, Interns, and PG's
- **Resource Person**- **Dr. Indira Kulkarni**
- **Future Prospects**
- Students will be trained to plan and design the diet charts as per the patients' health condition and understand the basic health issues related to food and nutrition deficiencies and act accordingly