SYLLABUS FOR BOARD OF STUDIES ADOPTION — generated from the live catalogue record

Nutrition Analytics and Diet Planning Software

X-S5 · 3 days (configurable 1–5 days) · Science & Food Technology · Applied Science · Years: 2nd, 3rd, PG

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OVERVIEW

Students analyse dietary data and build evidence-based diet plans with software.

Nutrition and wellness are growing employment areas; graduates who can analyse dietary data and use diet-planning software meet demand in healthcare, food and wellness firms.

HOURS AND CREDIT POSITION

Contact hours: 24 Guided project: 6 Self-study: 0 Notional total: 30

Credit claim: 1
30 notional hours ÷ 30 hours per credit (NSQF track, UGC Micro-credentials Guidelines §5.3.3) = 1 credits.

COURSE OUTCOMES

CO1. Describe nutrient requirements and dietary guidelines (K2)
CO2. Assess dietary intake from recorded data (K3)
CO3. Analyse dietary data against requirements (K4)
CO4. Build an evidence-based diet plan with software (K3)
CO5. Produce a diet plan for a stated case (K5)

COURSE CONTENT — MODULES

Hours shown are the recommended format; module time scales proportionally when the engagement runs 1–5 days.

Module 1 — Nutrition foundations (4h recommended)
Theory: Nutrients, requirements, guidelines
Lab: Map nutrient requirements
Output: Requirements sheet

Module 2 — Dietary assessment (4h recommended)
Theory: Intake data, assessment methods
Lab: Assess a dietary intake
Output: Intake assessment

Module 3 — Nutrition analytics (4h recommended)
Theory: Analysing dietary data
Lab: Analyse dietary data
Output: Diet analysis

Module 4 — Diet planning (4h recommended)
Theory: Planning principles, software tools
Lab: Build a diet plan with software
Output: Diet plan

Module 5 — Special needs (4h recommended)
Theory: Planning for conditions and goals
Lab: Adapt a plan to a condition
Output: Adapted plan

Module 6 — Capstone (4h recommended)
Theory: An analysed case and a diet plan
Lab: Produce a case-based diet plan
Output: Case diet plan

ASSESSMENT SCHEME (100 MARKS)

Continuous exercises — 40 marks
Analytical report — 40 marks
Viva voce — 20 marks

CO–PO MAPPING

CO1 !' PO1 (strength 2)
Nutrient science is foundational domain knowledge.

CO2 !’ PO3 (strength 2)
Dietary assessment is an applied method.
CO3 !’ PO4 (strength 2)
Dietary-data analysis is investigation.
CO4 !’ PO5 (strength 2)
Diet-planning software is modern-tool usage.
CO5 !’ PO10 (strength 2)
The case plan is professional communication.

EVERY PARTICIPANT RECEIVES

- Certificate of completion
- Course material
- LMS access
- Interview question bank
- Mock interview & viva practice

FEE

¹700 per student, incl. GST
Excludes the optional nasscom assessment where offered. Final pricing on your college's quotation.

DESIGNED BY

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