
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

CONTENTS

1. Overview	2
2. Hours and credit position	2
3. Course outcomes	2
4. Course content — modules	2
5. Assessment scheme (100 marks)	2
6. CO–PO mapping	2
7. Every participant receives	3
8. Fee	3
9. Designed by	3

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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

¹1,800 per student, incl. GST

Excludes the optional nasscom assessment where offered. Final pricing on your college's quotation.

DESIGNED BY

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