


Food Nutrition And Health



Food, Nutrition and Health

- The Food, Nutrition and Health Syllabus is intended to provide opportunities for the development of skills in the planning, preparation and presentation of foods. This is a basic requirement for health and wellbeing. In addition, the course provides an understanding of the nature of food and the principles of nutrition.



This course does not only prepare for a career path but builds technical skills for lifelong learning, wellbeing and improved standard of living.

This Course is Divided into Seven Sections

1: DIET AND HEALTH

2: NUTRITION AND HEALTH

3: MEAL PLANNING, PREPARATION AND DINING

5: KITCHEN DESIGN AND EQUIPMENT MANAGEMENT

4: FOOD SCIENCE AND TECHNOLOGY

6: CONSUMERISM AND PURCHASING OF FOOD

7: FOOD MANAGEMENT, PREPARATION AND SERVICE