

# CFN

The basic objective of the programme is to acquaint learners with the:

1. importance of food in ensuring healthy living for individuals, family and the community
2. The nutrients contained in different items of food
3. The need of the human body in terms of various nutrients at different stages of life
4. Consequences of taking more/wrong types of food
5. How to make the best possible choice for meeting the nutritional needs of your family
6. Schemes of quality control, consumer rights etc.

## CFN - 1

### You and your Food

The course focuses on:

- Foods and the nutrients contained in different items of foods,
- Food groups, nutrient composition and functionality,
- Food preparation, preservation methods for nourishing, attractive foods
- Convenience foods and how they save time and energy

### Assessment

Assignment and  
Term-end exam

## CFN-2

### Your Food and its Utilization

The course focuses on:

- What happens to food in our body and its effect on health
- The recommended nutrient needs of our body and how to meet these needs using the food guide
- Understanding the concept of normal nutrition, undernutrition and overnutrition
- Nutrient needs in different physiological states of life – pregnancy to aged
- Importance of developing good food habits

### Assessment

Assignment and Term-  
end exam

## CFN - 3

### Economics of Food

The course focuses on:

1. Concept of food expenditure and food budgeting,
2. Food production – Governments effort in developing the agricultural sector, poultry, pisciculture programmes and dairy enterprise,
3. Consumer protection and education with special reference to food adulteration,
4. Food laws and standards for food safety, and
5. Various supplementary feeding programmes run by the Government for the vulnerable groups,

### Assessment

Assignment and  
Term-end exam