

BASIC PRINCIPLES OF NUTRITION AND DIETETICS

DAY1: BASIC PRINCIPLEC OF NUTRITION AND THE FACTORS AFFECT ON NUTRITIONAL STATUS

DAY2: FOOD GROUPS

DAY3: ENERGY METABOLISM

DAY4: MACRO NUTRIENTS: CARBONHYDRATE, PROTEIN, FAT

DAY5: MICRO NUTRIENTS: VITAMINS

DAY6: MICRO NUTRIENTS: MINERALS, ELECTROLYTES

DAY7: FOOD SAFETY AND HYGIENE