



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved)

Gurugram, Delhi-NCR
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Child Nutrition and Cooking

Syllabus

- Concept of Balanced Food for Children
- Eating Habits
- Sustainable Eating
- Selection of Food based on age, climate, and activities
- Cooking Oils and Kids Health
- Toppings & Serving for Kids

Outcomes of Child Nutrition and Cooking Short Term Program

- **Healthy eating habits:** The course can teach individuals about the importance of a balanced diet, the various food groups and the nutrients they provide. This can help individuals develop healthy eating habits that can benefit them throughout their lives.
- **Cooking skills:** The course can teach individuals basic cooking skills such as chopping vegetables, boiling pasta, making sauces, and baking. This can help individuals prepare nutritious meals for themselves and their families.
- **Time management:** Cooking requires time management skills as individuals need to plan their meals, prepare the ingredients, and cook the food. The course can teach individuals how to manage their time effectively to prepare healthy meals within a specific time frame.
- **Budgeting:** The course can teach individuals how to budget for groceries, plan meals in advance, and make use of ingredients that are already available at home. This can help individuals save money on their food expenses and avoid wastage.
- **Food safety and hygiene:** The course can teach individuals about food safety and hygiene practices such as washing hands, cleaning utensils and surfaces, storing food correctly, and cooking food to the right temperature. This can help individuals avoid foodborne illnesses.
- **Teamwork and communication:** Cooking with others can help individuals develop teamwork and communication skills as they need to coordinate with others to prepare meals. This can help individuals in their personal and professional lives as well.

Registrar
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