

Certificate Course in Food and Nutrition (CFN)

Course Title: Certificate Course in Food and Nutrition (CFN) from IGNOU

Course Duration Minimum Duration: 6 months, Maximum Duration: 2 years

Eligibility Criteria / Entry Requirements : Pass in 10+2 examination or equivalent examination

Minimum Age: 18 Years , **Maximum Age:** No bar

Course Pattern : Distance Education Scheme

Course Fee : Rs. 1,100/-

Medium of Instruction:

English / Hindi / other languages. CFN programme is also offered in Assamese, Gujarati, Kannada, Malayalam, Marathi, Punjabi, Tamil, Bengali and Oriya. This Certificate Programme is a multi-lingual Programme. The Telugu and Urdu versions are run by Dr. Bhim Rao Ambedkar Open University, Hyderabad.

About course : Eating is so much a part of life that we tend to assume that we know everything about food. It is generally believed that provision of proper nourishment is mainly a question of income. Since food sustains life and accounts for a major portion of our living expenses, it will be useful for everyone to know about.

The nutrients contained in different items of food;

The needs of the human body in terms of various nutrients at different stages of life;

Consequences of taking more/wrong types of food; and

Ways of selecting food articles, and the techniques for processing, cooking and preserving them.

The focus of the programme is to enable you to make the best possible choice for meeting the nutritional needs of your family. At the same time it aims at helping you choose an adequate variety of foods to suit the taste of each individual in your family. In addition, you will learn about the nature of food-borne diseases and the importance of good food habits in preventing them. You will also be acquainted with schemes of quality control, consumer rights, etc.

Mode of Admission : Admission notification is generally released in May/June and the last date for submission of filled-in application forms will be September 30 for January session and March 31 for July session. However students are requested to check with the official admission notification for the exact dates related to admissions.

Note: Fee details shown here are indicative and might have changed. Please contact the IGNOU for the latest fee details.

For more information about course:

<http://www.ignou.ac.in/upload/programme/CFN%20PROG%20guide%202013.pdf>