

ELECTIVE COURSE III : NUTRITION FOR THE FAMILY

Objectives

To enable the students to

1. Understand the role of nutrition in different stages of life cycle.
2. Gain experience in planning menu for different stages.
3. Develop skills in organizing and evaluating nutrition projects in the community.

UNIT I

Principles of Nutrition - Nutrients and their functions. Food groups, meal planning, RDA, Over nutrition, under nutrition, malnutrition.

UNIT II

Nutrition during pregnancy and lactation. Important of Nutrition during pregnancy. Complication in pregnancy, food and nutritional requirements for lactating women.

UNIT III

Nutrition for infants and preschoolers Importance of breast milk, food and nutritional requirements for infants, weaning and supplementary foods for infants, food habits of preschoolers, nutritional requirements for preschool children.

UNIT IV

Nutrition for school age and adolescents. Nutritional requirements for school going children and adolescents, factors influencing food intake, nutritional disorders.

UNIT V

Nutrition during adulthood and old age. Food and nutritional requirements for adults. Importance of nutrition during old age, factors influencing food intake, nutritional requirements, nutritional problems and management of old age.

Reference Books

1. Margaret Mc.Williams, "Food Fundamentals" John Wiley and Sons, London, 1974.
2. Gopalan, C. and Balasubramanian, B.C.Diet Atlas of India, NIN, Hyderabad, 1971.
3. Gopalan, C.Ramasastri, B.V. and Balasubramanian, S.C. Nutritive value of Indian foods, NIN, Hyderabad, 1976.
4. Swaminathan, M.Essentials of Food and Nutrition Vol.I & II BAPPCO., The Bangalore Printing and Publishing co., ltd., No.88, Mysore Road, Bangalore.
5. Robinson, Normal and therapeutic Nutrition.
6. Davidson, Sri Stanley Passmore, R and Brock, J.H.Heeman, Nutrition and Dietetics, F.f.s. Livingstons Ltd., Edinduragt London, 1973.
7. Mc.Laren, Nutrition in the community 1976.
8. Nutrition Atlas, NIN, Hyderabad.
9. Major, J.Human, Nutrition Springfield, 1972.