

SEMESTER-I : CORE COURSE – 1 - NUTRITION AND DIET IN HEALTH

(Hour of instruction per week :6 (3+3) Theory:3, Practical 3)

Objectives:

To enable the students

1. Understand the role of nutrition in different conditions
2. Develop competency in planning diets to meet the nutritional requirements of different socio economic levels.
3. Gain knowledge about the methods of assessment of nutritional problems and their implications.

S.No.	Topic	Practical / Course outline	Related Experience
UNIT I			
	Nutrition and Diet in Health	Vital link between Nutrition and Health. Review of concept of adequate nutrition, under nutrition and malnutrition. Different food groups-a guide In menu planning	
	Assessment of the Nutritional status	Assessing, the food and nutritional problems in the community, methods available for the assessment of nutritional status of an individual and a community. Direct and indirect methods, assessment of ecological factors. Techniques of diet and nutrition surveys.	
	Recommended allowances : ICMR	recommended allowances for Indian basis for requirements Balanced Menus	Planning diets to meet the requirement at different economic level low, middle and high income for the following conditions.
UNIT-II			
	Nutrition in Pregnancy	Nutritional status and general health, weight gain during pregnancy-the nature of weight gain. Physiological adaptations	1. Pregnancy

	Requirements, storage of Nutrients in normal pregnancy Physiological cost, complications of Pregnancy, implications for public for Public health programmes.	
Nutrition in Lactation	Physiological adjustment during lactation, lactation in relation to Growth and health of infants, Efficiency of milk production, Diet, of lactating women, Implications for public health Programmes.	2. lactation

UNIT III

Nutrition in Infancy	Nutritional status of the infants rate of growth, Weight as the indicator. Nutritional allowances for the Infants, breast feeding Vs. formula Feeding, weaning foods suitable For infants, feeding the premature Infants.	3. Infancy
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UNIT IV

Nutrition in Preschool age	Growth and development of preschool children need and Emphasis on Nutritional and Health care of preschool children Food habits and nutrient intake of Preschool children. Dietary Allowances- supplementary Foods.	6. preschool age
Nutrition during school age	physical development, nutrition status of school age children, school lunch programme, food habits, nutritional requirements	4. School age
Nutrition during Adolescence	Changes of growth, physical, physiological changes in Adolescents, Nutritional needs of the adolescents, changes needed to prevent malnutrition in adolnutrition.	5. Adolescents

UNIT V

Nutrition for the adult	Nutrition for the adult	4. Adult
Nutrition for The aged	Socio-economic and psychological factors-Nutritional requirements- Clinical-needs malnutrition – Advances in geriatric nutrition	4. old people

Reference

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2. Venkatachalam P.S. and Rebellow, L.W., Nutrition for the Mother and child, ICMR, Special Report, 1971
3. Symposia of the Swedish Nutrition Foundation, III Cunnar Blix 1969.
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5. Jelliffe, D.B. Assessment of the Nutritional status of the community, WHO Geneve, 1966.
6. Jelliffe, D.B. Infant in the subtropics and tropics, WHO Geneve, 1968.
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11. Vinodini Reddy, Phalhad Rao, Guminath Sastry, I and kasinath. K.C. Nutrition trends in India. National Institute of Nutrition, Hyderabad, 1993.
12. Gnana Sundaram, S.A manual of practical paediatric Nutrition, Students offset service T. Nagar, Madras.

JOURNALS

1. The Indian Journal of Medical Research, ICMR, New Delhi.
2. Indian Journal of paediatrics, published at vally view, London cont, Mussoria, U.P.
3. Indian Journal of Nutrition and Dietetics, Sri Avinashilingam Home Science College, Coimbatore.
4. WHO chronicle, WHO , Geneva.
5. Proceedings of the Nutrition Society of India. Nutrition society of India, New Delhi.
6. Ecology of food and Nutrition, Golden and Breach Service Publishers Ltd., Great Britan.
7. Nutrition News Letter. FAO of the United Nations.
8. Food and Nutrition-notes and reviews, Australian Department of Health, publishing service, Canberra.
9. Swasth Hind central Health Education Bureau, New Delhi.
10. Journal of Human Nutrition, British Dietetic Association, England
11. PAG Bulletin, protein, calorie Advisory Group of the United Nations Systems, USA.
12. Journal of the American Dietetic Association, published by the American Dietetic Association, Chicago Illinois.
13. ICMR Bulletin, Research Information Bulletin Division of publication and Information, Ansari Nagar, New Delhi.
14. Food and Nutrition, FAO of the United Nations, Rome, Italy.
15. Nutrition, National Institute of Nutrition, ICMR, India.