

Nutrition

Hrs.30

Course Description

This course is to help students understand that nutrition is an integral component of health since nutrients play a vital role in the growth development and maintenance of the body

General Objectives

Upon Completion of this course, the student will be able to:

- Describe the principles of nutrition and dietetics and its relationship to the human body in health and disease.
- Describe the common foods in health and disease.
- Apply this knowledge in the promotion of health and in the care of the sick.
- Demonstrate skills in section preparation and Preservation of food.

Course content

Unit-I Introduction

- Changing concepts- food habits and customs.
- Relationship of nutrition to health.

Unit-II Classification of food

- Food of animal origin
- Food of vegetable origin
- B. Classification by chemical composition and sources
 - Carbohydrates.
 - Proteins
 - Fats
 - Minerals
 - vitamins
 - Water

C. Classification by predominant functions.

- Body building food
- Energy giving food
- Protective food

D. Classification by nutritive value

- Cereals and millets.
- Pulses (Legumes).
- Vegetables.
- Nuts and oil seeds Fruits animal food.
- Fats and oils
- Sugar and Spices.
- Miscellaneous food

Unit-III Normal dietary requirements and deficiency diseases of each of the constituents of food

- The Calorie

- Nutritive value of food items and their measures used.
- Balanced diet.
- Method of calculating normal food requirements, influence of age, sex and activity
- Factors affecting selection and Planning of meals.
- Budgeting for food.
- Low cost menu
- Diseases caused by deficiency of protein, fat carbohydrates, Minerals and vitamins.

Unit-IV Preparation, preservation and storage of food

- Principles of cooking
- methods of food preparation and their effects of food and food constituents advantages and limitation of each.
- Household methods of preserving and storing food.
- Commercially prepared food and its adulteration.
- Precautions on selection preparation and storage of food.

Unit-V Introduction to diet Therapy

- Methods of modifying diet in relation to calorie value by increasing of decreasing of constituents.
- Diet and the patient
- Environmental, Psychological and cultural factors in acceptance of diet by the patient.
- Serving of food.
- Feeding of helpless patients.
- Opportunities for teaching.

Unit-VI Community Nutrition

- Concept of community nutrition
- Nutritional needs for special groups: infants, children, pregnant woman, lactating mothers old people etc.
- Nutrition education: needs and methods.
- substitutes for non- vegetarian food.
- Methods of improving an ill balanced diet.
- Community nutrition programme.
- Food hygiene and laws related to food.

Unit-II common preparations/ practicals

- Beverages: Tea, coffee, barley water, fruit juice, shakes, lassi.
- Egg preparations: Scrambled eggs, egg flip omlette, poached egg.
- Soups: tomato, bone, vegetable(s), liver etc.
- Light diets: gruel, khichri, daliya, kanji, boiled vegetables, salads custards etc.(as per the regional preferences)