

BACHELORS WITH HOME SCIENCE: NUTRITION & DIETETICS AS MAJOR (CT – I)
6th SEMESTER

HSC622J1C HOME SCIENCE - NUTRITION & DIETETICS _ LIFE SPAN NUTRITION

CREDITS: 4 (THEORY: 3, PRACTICAL: 1)

OBJECTIVES:

- To know about the recommended dietary allowances.
- To enable students to understand the role of nutrition in pregnancy, lactation and childhood.
- To understand the special needs of nutritional requirement for the adolescents and adults.
- To know about the ageing process.

LEARNING OUTCOMES:

- Develop the understanding of principles of meal planning.
- Develop the foundation for understanding nutritional needs during adulthood and aging.
- Develop the foundation for understanding nutritional needs during childhood and understanding.

UNIT: I BASIC CONCEPTS OF MEAL PLANNING

1. Food groups and concept of balanced diet, food exchange list, food pyramid.
2. Concept of dietary reference intakes
3. Factors effecting meal planning.
4. Dietary guidelines for Indians.

UNIT: II NUTRITION DURING THE ADULT YEARS

Physiological changes, RDA, nutritional guidelines, nutritional concerns and healthy food choices of the following:

1. Adult
2. Pregnant woman
3. Lactating mother
4. Elderly

UNIT: III NUTRITION DURING CHILDHOOD AND ADOLESCENCE

Growth and development, growth reference/ standards (percentiles), RDA, nutritional guidelines, nutritional concerns and healthy food choices of the following:

1. Infants.
2. Preschool children.
3. School going children.
4. Adolescents

PRACTICAL/LAB COURSE.

1. Use of food exchange list and food composition.
2. Planning of diets for
 - a. Pregnant and Lactating woman
 - b. Preschool child
 - c. School going children and adolescents
 - d. Young adult.
 - e. Elderly
3. Planning weaning foods for Infants

REFERENCES

- Seth, V. and Singh, K (latest edition). Diet Planning through the Life Cycle: Part 1 Normal Nutrition. A Practical Manual. Elite Publishing House Pvt. Ltd. New Delhi.
- Gopalan, C, Rama Sastri, B.V., Balasubramanian, S. C. (latest edition) Nutritive Value of Indian Foods. National Institute of Nutrition, ICMR, Hyderabad.
- Khanna, K., Gupta, S., Seth, R., Passi, S.J., Mahna, R., Puri, S. (latest edition). Textbook of Nutrition and Dietetics. Phoenix Publishing House Pvt. Ltd
- Wardlaw, G.M., Hampi, J.S., Di Silvestro, R.A. (latest edition). Perspectives in Nutrition.
- Mc Graw Hill. ICMR (latest edition) Dietary Guidelines for Indians. Published by National Institute of Nutrition
- Hyderabad ICMR (latest edition) Recommended Dietary Allowances for Indians. Published by National Institute of Nutrition, Hyderabad