

# DISCIPLINE SPECIFIC (CORE) COURSE

## Semester-IV

### HSC420C2: NUTRITION: A LIFE CYCLE APPROACH

(CREDITS: THEORY-4, PRACTICAL-2)

#### THEORY (4 CREDITS)

##### Unit 1 Basic concepts of meal planning

- Food groups and concept of balanced diet
- Food exchange list
- Concept of Dietary Reference Intakes
- Factors effecting meal planning and food related behaviour.
- Dietary guidelines for Indians and food pyramid

##### Unit 2 Dietary references and food choices throughout life

- Concept of dietary reference intakes
- Dietary guidelines for Indians
- Health food choices for
  - Infants
  - Preschool children and School going children
  - Adolescence
  - Adults
  - Pregnant women and Lactating mothers
  - Elderly

##### Unit 3 Nutrition during the Adult Years

- Physiological changes, RDA, nutritional guidelines, nutritional concerns
  - Adult
  - Pregnant woman
  - Lactating mother
  - Elderly person

##### Unit 4 Nutrition during childhood

- Growth and development, growth reference/ standards, RDA, nutritional guidelines, nutritional concerns
  - Infants
  - Preschool children
  - School children
  - Adolescents

#### PRACTICAL (4 CREDITS)

##### 1. Introduction to meal planning

-Use of food exchange list

##### 2. Planning and preparation of diets for

- Young adult
- Pregnant and Lactating woman
- Preschool child
- School age child and adolescent
- Elderly

##### 3. Planning complementary foods for Infants

#### RECOMMENDED READINGS

- Seth V and Singh K (2006). *Diet Planning through the Life Cycle: Part 1 Normal Nutrition. A Practical Manual*. Elite Publishing House Pvt. Ltd. New Delhi.
- Gopalan C, Rama Sastri BV, Balasubramanian SC (1989) *Nutritive Value of Indian Foods*. National Institute of Nutrition, ICMR, Hyderabad.
- Khanna K, Gupta S, Seth R, Passi SJ, Mahna R, Puri S (2013). *Textbook of Nutrition and Dietetics*. Phoenix Publishing House Pvt. Ltd.
- Wardlaw GM, Hampi J S, DiSilvestro R A (2004). *Perspectives in Nutrition*, 6th edition McGraw Hill.
- ICMR (2011) *Dietary Guidelines for Indians*. Published by National Institute of Nutrition Hyderabad.
- ICMR (2010) *Recommended Dietary Allowances for Indians*. Published by National Institute of Nutrition, Hyderabad.
- Chadha R and Mathur P eds. *Nutrition: A Lifecycle Approach*. Orient Blackswan, New Delhi. 2015.