

Learning objectives:

- Understanding the nutritional problems and nutrition requirements of the community.
- Acquiring knowledge about RDA, food groups, steps in planning a diet.
- Planning of nutrition diets according to RDA for different age groups - Infancy to old age and physiological conditions - Pregnancy and lactation
- Different methods of assessing nutritional status – Anthropometry, biochemical, clinical examination and diet survey etc.,
- Preparation of nutritious diets for different age groups meeting the RDA.
- ABCD-techniques for nutritional status assessment.
- Planning programs to combat nutritional problems in community.

Learning Outcomes of the course: The students will be able to:

- Calculations of nutritive values of the diets and RDA for different age groups.
- Nutrition education techniques.
- Assessment of nutritional status using ABCD techniques.
- Planning & Preparation of diets for different age groups

THEORY

UNIT-I: MEAL PLANNING – NUTRITION DURING ADULTHOOD, PREGNANCY AND LACTATION

- Principles of meal Planning, Balanced Diet. Dietary guidelines for Indians
- Nutrition for Adults – Reference man and Reference women – Nutritional requirements for adult man and woman of different physical activities (Sedentary, Moderate and Heavy work).
- Pregnancy – Nutritional and Food requirements, Physiological changes and complications.
- Lactation – Physiology, Nutritional and Food requirements

UNIT – II: NUTRITION DURING CHILDHOOD

- Infancy – Nutritional requirements – Breast feeding and its advantages; Artificial/bottle feeding; Weaning Practices, Supplementary foods.
- Early childhood – Nutritional requirements – RDA, Inculcating healthy eating habits among pre-schoolers
- Late childhood – Nutritional requirements – RDA, Food habits, Importance of breakfast and packed lunch.
- Traditional foods and Junk foods – Impact on health

UNIT – III: NUTRITION DURING ADOLESCENCE AND OLD AGE

- **Adolescence**-Nutritional requirements –RDA, Food habits, Nutritional problems and Eating Disorders- Anorexia and Bulimia.
- **Geriatric Nutrition**- Physiological changes in elderly, Factors affecting food intake, Nutrient needs and Requirements, Nutrition related problems and their diet management

UNIT-IV: NUTRITIONAL STATUS ASSESSMENT

- Assessment of the Nutritional Status of the Community – Need and objectives
- Direct methods – Anthropometry, Biochemical Analysis, Clinical Examination, Diet Surveys, Functional assessment and Biophysical or Radiological examination.

- Indirect methods – Ecological factors and Vital Health Statistics
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UNIT –V NUTRITIONAL PROBLEMS, PROGRAMS AND EDUCATION

- Nutrition problems prevalent in India – Under nutrition – PEM and deficiencies of Vitamin A, Iron and Iodine; Over nutrition
- Community Nutrition Programmes to combat malnutrition – Supplementary Feeding Programmes – ICDS, School lunch programme; Prophylactic Programmes to prevent Vitamin A, Iron, Iodine deficiencies
- Role of National and International Organizations in combating malnutrition – NIN, CFTRI, NNMB, WHO, FAO, CARE and UNICEF
- Nutrition Education – Definition, methods used in nutrition education to improve nutritional and health status of people.

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