

OUTCOMES OF THE COURSE

The students will be able to:

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

PRACTICALS

1. Planning and preparation of a balanced diet for Adult man and women.
2. Planning and preparation of a balanced diet for Pregnant and Nursing mother.
3. Planning and preparation of a balanced diet for a Pre School Child.
4. Planning and preparation of a balanced diet for School child and an Adolescent
5. Planning and preparation of low cost Nutritious recipes
6. Planning and preparation of diets for PEM and Anaemia
7. Use of Anthropometric measurements in assessing the Nutritional Status.
8. Visit to Anganwadi Center – Observation of feeding programme at Anganwadi Center.
9. Visit to government school – Observation of School Lunch Programme

REFERENCES

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12. Swaminadhan, M. (1985). Essentials of Food and Nutrition Volume I and II ", 2nd edition, The Bangalore Printing and Publishing Co. Ltd., Bangalore

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