

ST. JOSEPH'S COLLEGE FOR WOMEN (AUTONOMOUS) VISAKHAPATNAM
VII SEMESTER HOME SCIENCE TIME:2Hrs/Week
HS-E1-7151 PUBLIC HEALTH NUTRITION PRACTICAL MARKS:50

Course objectives:

1. To provide all essential nutrients in adequate amounts and in optimum proportions.
2. Promotion of the population in the community where programs and services are delivered
3. Systematically assess the overall nutritional status of patients, diagnose malnutrition, identify underlying pathologies that lead to malnutrition, and plan necessary interventions.

Course outcomes: - To enable the students to:

1. Gain insight into the public health problems and their implications.
2. Acquire skills in organizing and evaluating nutrition projects in the community.
3. Appreciate the national and international contribution towards nutrition improvement in India.
4. Apply different assessment techniques for nutritional screening.

PRACTICALS

1. To enable the students to develop recipes for treating various nutritional deficiencies
2. Planning of low cost nutritious recipes for infants, preschoolers, pregnant/nursing mothers for nutrition education.
3. Assessment of nutritional status in a rural area/ community
 - Anthropometry – weight and height measurements
 - Plotting and interpretation of growth charts for children below 5 years
 - Identification of clinical signs of common nutritional disorders
 - Dietary assessment – FFQ and 24 hour diet recall
4. Planning and conducting a food demonstration.
5. Visit to an ongoing nutrition and health promotion programme.

REFERENCES:

1. Mudambi, SR and Rajagopal, MV. Fundamentals of Foods, Nutrition and Diet Therapy; 2012; New Age International Publishers
2. Wardlaw GM, Hampl JS. Perspectives in Nutrition; Seventh Ed; 2007; McGraw Hill..
3. Gibney et al. Public Health Nutrition; 2004; Blackwell Publishing
4. Khanna Ket al. Textbook of Nutrition and Dietetics; 2013; Phoenix Publisher.
5. Sharma S, Wadhwa A. Nutrition in the Community- A textbook; 2003; Elite Publishing House Pvt. Ltd.
6. Srilakshmi B. Dietetics; 2012; New Age International (P) Ltd.
7. Bamji MS, Rao NP, and Reddy V. Text Book of Human Nutrition; 2009; Oxford & IBH Publishing Co. Pvt Ltd.
8. Lakra P, Singh MD. Textbook of Nutrition and Health; First Ed; 2008; Academic Excellence
9. Jain P et al. *Poshan vaswasthyakemooolsiddhant(Hindi)*; First Ed; 2007; Academic Pratibha.
10. Malhan, Gupta, Jain. *Aaharaayojan, khadyasangrakshanevagrivyavastha(Hindi)*; 1993; Sultan Chand & Sons Publishing.