ST.JOSEPH’S COLLEGE FOR WOMEN (AUTONOMOUS), VISAKHAPATNAM

VI SEMESTER **HOMESCIENCE** Time:4Hrs/Week

HS-B2-6201(3) **MATERNAL & CHILD NUTRITION** Max.Marks:100

**OBJECTIVES:** To enable the student to learn –

1. physiology of pregnancy and lactation.

2. the nutritional needs during these stages.

3. the impact of nutritional deficiencies during these stages on mother’s health and growth of the child.

**COURSE:**

**UNIT – I:** Nutrition during pregnancy – Physiology of pregnancy, factors influencing pregnancy outcome, antenatal care, nutritional requirements, diet and complications.

**UNIT – II:** Nutrition during lactation – physiology of lactation, nutritional requirements during lactation and dietary management, care during feeding, common problems in breast feeding, galactogogues.

**UNIT – III:** Nutrition during infancy – Breast feeding, importance, significance, myths,

-Nutritional requirements, growth pattern, growth monitoring. Lactose

Intolerance.

**UNIT – IV:** Nutritional deficiency and its impact on child growth and development during Infancy.

**UNIT – V:** Effect of poorNutrition on mother and child – Intra- uterine growth retardation

such as Preterm, Small-for –date, other malformations, Pregnancy wastage,

Economic impact on family and society.

**REFERENCES:**

1. Gopalan C and Vijayaraghavan K (1971) Nutrition Atlas of India, NIN, Hyderabad.
2. Park J.E. and Park K.(1986) Text book of preventive and social medicine, BanarasidasBhanot, Jabalpur.
3. Combating Under nutrition – Basic issues and practical approach. Special Publication series Np.3 (1987) NFI, New Delhi

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ST.JOSEPH’S COLLEGE FOR WOMEN (AUTONOMOUS), VISAKHAPATNAM

VI SEMESTER **HOMESCIENCE** Time: 2Hrs/Week

HS-B2-6251(2) **MATERNAL & CHILD NUTRITION** Max.Marks:50

**PRACTICALS**

**OBJECTIVES:** To enable the student to –

1. plan diets for mother and infants.
2. understand the practical implications of nutrition deficiency on mother and child.

**COURSE:**

**UNIT – I:** Diet plans during various stages of pregnancy, lactation and infancy.

**UNIT – II:** Nutrition assessment of mother and child.

**UNIT – III:** Visit to Antenatal clinics and observation of mothers and children.

**UNIT – IV:** Market survey for baby foods, alternates for lactose intolerance etc.

**REFERENCES:**

1. Gopalan C and Vijayaraghavan K (1971) Nutrition Atlas of India, NIN, Hyderabad.
2. Park J.E. and Park K.(1986) Text book of preventive and social medicine, BanarasidasBhanot, Jabalpur.
3. Combating Under nutrition – Basic issues and practical approach. Special Publication series Np.3 (1987) NFI, New Delhi

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