**St.Joseph’s College for Women ( Autonomous ) , Visakhapatnam**

**Time: 4 Hrs/Week FAMILY NUTRITION Max. Marks: 100**

**OBJECTIVES :** Toenable the students to

* understand the principles of menu planning
* plan diets for various ages, physiological conditions and income levels.

**COURSE :**

**UNIT I :** Balanced Diets, Food habits, importance and their impact on good nutrition. Meal

planning for the family. Acceptability, Psychological aspects, Food fads and fallacies.

**UNIT II** : Growth and development, , nutritional requirements and nutritional status of Infants, Preschool and school age children.

**UNIT III:** Growth, development, nutritional requirements and nutritional status of Adolescents.

**UNIT IV:** Balanced diets,Nutritional requirements and nutritional status of

1. Adult man and woman
2. Industrial worker and work performance.
3. Geriatrics – Physiological, psychological, social and economic effects .

**UNIT V:** Balanced diets, Nutritional requirements, nutritional status and changes influencing the nutritional status of women during

a. Pregnancy b. Lactation .

**References:**

1. Swaminathan M. (1985) Essential of and Nutrition Vol I & II, BAPPCO, Bangalore.
2. Robinson .H.and M.R.(1982) Normal and Therapeutic Nutrition, Mac Milan Publishing Co. (P) Ltd. New York.
3. Fleck H.(1982) Introduction to Nutrition, Macmillan & Co., (P) Ltd., NEW York.
4. Pike R.L. and Brown M.L.(1975) Nutrition – an integrated approach Wiley Eastern India Ltd., New Delhi.
5. Davidson S. and Passmore R. (1969) Human Nutrition – principles and application in India . Prentice Hall of India, New Delhi.
6. Nutritive value of Indian foods.

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**St.Joseph’s College for Women ( Autonomous ) , Visakhapatnam**

**Time: 2 Hrs/Week FAMILY NUTRITION Max. Marks: 50**

**PRACTICALS**

**OBJECTIVES :** Toenable the students to

- understand the principles of menu planning

- plan diets for various ages, physiological conditions and income levels.

**COURSE :**

**UNIT I :** Balanced Diets,

**UNIT II** : . Meal planning for the family according to nutritional requirements and RDA.

**UNIT III:** Meal planning for Infants, Preschool , school age children and Adolescents according to nutritional requirements and RDA.

**UNIT IV:** Meal planning for Adult man, woman ,Pregnancy and Lactation and old age of various

income levels and as per Balanced diets and Nutritional requirements.

**UNIT V:** Visits to ICDS centres.

**References:**

1. Swaminathan M. (1985) Essential of and Nutrition Vol I & II, BAPPCO, Bangalore.
2. Robinson .H.and M.R.(1982) Normal and Therapeutic Nutrition, Mac Milan Publishing Co. (P)

Ltd. New York.

1. Fleck H.(1982) Introduction to Nutrition, Macmillan & Co., (P) Ltd., NEW York.
2. Pike R.L. and Brown M.L.(1975) Nutrition – an integrated approach Wiley Eastern India Ltd.,

New Delhi.

1. Davidson S. and Passmore R. (1969) Human Nutrition – principles and application in India .

Prentice Hall of India, New Delhi