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

V SEMESTER **HOME SCIENCE** TIME: 2HRS/WEEK

HS 5251(2) **FAMILY AND COMMUNITY NUTRITION PRACTICALS** MARKS: 50

Wef 2019-2020 19 AG BATCH **SYLLABUS**

**OBJECTIVES –** To enable the students to

1. Plan balanceddiets for variousage groups, income and activitylevels
2. Preparevariousmealssuitable for individuals and families
3. Studyvarious aspects of community nutrition in India and International support

**COURSE-**

**UNIT I –** planning balanceddiets for differentage groups and assessingits contribution to RecommendedDIetaryAllowances (RDA)

**UNIT II** – Planning and preparation of WeaningFoods for a day.

**UNIT III** – Planning a day’sdiet, preparation of a meal, calculation of the nutritive value of the diet, comparisionwith RDA and suggestion of alternatives at differentincomelevels and levels of physicalactivity for

1. Preschool and Schoolchildren
2. Adolescents

**UNIT IV**- Planning a day’sdiet, preparation of a meal, calculation of the nutritive value of the diet, comparisionwith RDA and suggestion of alternatives at differentincomelevels and levels of physicalactivity for

1. Adults
2. Pregnant and Lactatingwomen
3. Geriatrics

**UNIT V** – a. Assessment of nutritionalstatus of community by various techniques.

b.Visit to relevant 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.
3. Jelliffe,D. B(1956) Assessment of Nutrition status WHO monograph Series.
4. Philips T. E. (1980) Modern Cookery for teaching and trade – Vol.I Orient Longman Ltd., Chennai.

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