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

III SEMESTER **HOMESCIENCE** TIME: 4HRS&2HRS/WEEK

HS 3203 (3) & HS 3253(2) **FAMILY&COMMUNITY NUTRITION (Th&Pr)** MAX.MARKS:100&50

w.e.f. 2020 –2021(“20AH”)  **SYLLABUS**

**OUTCOMES OF THE COURSE**

The students will be able to:

1. **Remembers and explain in a systematic way**
   * Understanding the nutritional problems and nutrition requirements of the community.
   * Acquiring knowledge about RDA, food groups, steps in planning a diet.
2. **Understanding and Uses**
   * Planning of nutrition diets according to RDA for different age groups-Infancy to old age and physiological conditions -Pregnancy and lactation
   * Different methods of assessing nutritional status –Anthropometry, biochemical, clinical examination and diet survey etc.,
3. **Critically explains, judges & Solves**
   * Preparation of nutritious diets for different age groups meeting the RDA.
   * ABCD-techniques for nutritional status assessment.
4. **Working in out of prescribed areas**
   * Planning programs to combat nutritional problems in community.
5. **Practical skills**
   * 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.

**THEORY**

**UNIT-I: MEAL PLANNING – NUTRITION DURING ADULTHOOD, PREGNANCY AND LACTATION**

* Principles of meal Planning, Balanced Diet. Dietary guidelines for Indians
* Nutrition for Adults – Reference man and Reference women – Nutritional requirements for adult man and woman of different physical activities (Sedentary, Moderate and Heavy work).
* Pregnancy – Nutritional and Food requirements, Physiological changes and complications.
* Lactation – Physiology, Nutritional and Food requirements

**UNIT- II: NUTRITION DURING CHILDHOOD**

* Infancy – Nutritional requirements – Breast feeding and its advantages; Artificial/bottle feeding; Weaning Practices, Supplementary foods.
* Early childhood – Nutritional requirements – RDA, Inculcating healthy eating habits among pre-schoolers
* Late childhood – Nutritional requirements – RDA, Food habits, Importance of breakfast and packed lunch.
* Traditional foods and Junk foods – Impact on health

**UNIT- III: NUTRITION DURING ADOLESCENCE AND OLD AGE**

* **Adolescence-**Nutritional requirements –RDA, Food habits
  + Nutritional problems and Eating Disorders- Anorexia and Bulimia.
* **Geriatric Nutrition**- Physiological changes in elderly
  + Factors affecting food intake
  + Nutrient needs and Requirements
  + Nutrition related problems and their diet management

**UNIT-IV: NUTRITIONAL STATUS ASSESSMENT**

* Assessment of the Nutritional Status of the Community – Need and objectives
* Direct methods – Anthropometry, Biochemical Analysis, Clinical Examination, Diet Surveys, Functional assessment and Biophysical or Radiological examination.
* Indirect methods – Ecological factors and Vital Health Statistics

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**UNIT –V NUTRITIONAL PROBLEMS, PROGRAMS AND EDUCATION**

* Nutrition problems prevalent in India – Under nutrition – PEM and deficiencies of Vitamin A, Iron and Iodine; Over nutrition
* Community Nutrition Programmes to combat malnutrition – Supplementary Feeding Programmes – ICDS, School lunch programme; Prophylactic Programmes to prevent Vitamin A, Iron, Iodine deficiencies
* Role of National and International Organizations in combating malnutrition – NIN, CFTRI, NNMB, WHO, FAO, CARE and UNICEF
* Nutrition Education – Definition, methods used in nutrition education to improve nutritional and health status of people.

**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 Progrmme

**REFERENCES**

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2. Dietary Guidelines for Indians – A Manual (2011), published by NIN.
3. Food Composition Tables, (2017, published by NIN.
4. Prabha Bisht, Community Nutrition in India, Star Publications, Agra.
5. Raina U, Kashyap S, Narula V, Thomas S, Suvira, Vir S, Chopra S (2010). Basic Food Preparation: A Complete Manual, Fourth Edition. Orient Black Swan Ltd.
6. RavinderChada and PulkitMathur, (2015). Nutrition – A Life Cycle Approach, 1st edition, Orient Black Swan.
7. Sara Abraham (2016). Nutrition through life cycle, 1st edition, New Age International Publishers.
8. Srilakahsmi, B. (2018). Food Science, 7th edition, New Age International (P) Ltd.
9. Srilakahsmi, B. (2018). Nutrition Science, 6th edition, New Age International (P) Ltd.
10. Srilakahsmi, B. (2019). Dietetics, 8th edition, New Age International (P) Ltd.
11. Suryatapa Das (2018). Textbook of Community Nutrition” 3rd edition, Academic Publishers.
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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