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

IV SEMESTER **HOMESCIENCE** TIME:2HRS/WEEK

HS 4153 (2)  **THERAPEUTIC NUTRITION** MAX.MARKS:50

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

**OBJECTIVES:** To enable the students to   
-Understand the role of food in treatment of diseases.  
- Relate the planning of the diet and diet counseling to etiology and symptoms.

**OUTCOMES OF THE COURSE:** On completion of the Course, the student shall  
1. Demonstrate the ability to plan hospital diets for different health conditions   
2. Be familiar with all clinical condition that impact diet planning.  
3. Possess hands-on knowledge of physiology of diseases, to be considered in diet planning under different disease conditions  
4. Be qualified to take up career as a diet planner in a hospital

**PLANNING AND PREPARATION OF THE FOLLOWING DIETS:**

1. Preparation of modified diets-Liquid and Soft diets.
2. Planning and preparation of diet in fevers – Typhoid and T.B.
3. Planning and preparation of diets for Underweight and Obesity.
4. Planning and preparation of diet in diseases of Gastrointestinal System – Peptic Ulcer, Viral Hepatitis
5. Planning and preparation of diet in Cardio-Vascular diseases – Atherosclerosis and Hypertension
6. Planning and preparation of diet in Kidney diseases – Nephritis
7. Planning and preparation of diet in Diabetes Mellitus

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