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

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

HS 3253(2) **FAMILY&COMMUNITY NUTRITION (Pr)** MARKS:50

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

**OUTCOMES OF THE COURSE**

The students will be able to:

* + 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.

**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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