

Shri Govind Guru University

Semester IV

Elective Subject: Health and Nutrition Management

Lectures :24 hours

Credits: 2

Unit – I : Introduction To Nutrition

6 hours

- a. Definitions: Health, Nutrition, Nutrients, Foods, Diet, R.D.A., Balanced diet, Malnutrition, Under nutrition, Overnutrition, Optimum nutrition
- b. Five Food Groups : fruits, vegetables: Dark green vegetables, Red and orange vegetables, Starchy vegetables, grain, dairy, protein food
- c. Energy requirement and factors affecting it- BMR, RMR, SDA

Unit 2: Introduction to Nutritional deficiency diseases Causes, symptoms, treatment, prevention of the following:

6 hours

- a) Protein Energy Malnutrition (PEM)
- b) Vitamin A Deficiency (VAD)
- c) Iron Deficiency Anaemia (IDA)
- d) Iodine Deficiency Disorders (IDD)
- e) Zinc Deficiency
- f) Fluorosis

UNIT 3: Health and nutrition Management

6 hours

1. Introduction of Therapeutic nutrition management for:
 - a) Diarrhoea ,Constipation
 - b) Weight Imbalances-Overweight and obesity; Underweight
 - c) Type 1 and Type 2 Diabetes Mellitus
 - d) Hypertension and Coronary Heart Disease
2. Brief introduction to Food allergy and its management
3. Brief introduction Food poisoning and its prevention

Unit 4: Nutrition Policy and Programmes

6 hours

- a) Integrated Child Development Services (ICDS) Scheme
- b) Mid day Meal Programme (MDMP)
- c) National programmes for prevention of Anaemia, Vitamin A deficiency, Iodine Deficiency Disorders
- d) Food Adulteration :Definition, Types, Common adulterants and home scale methods of detecting adulterants;

e) Food Laws (only introduction) – PFA, BIS, AGMARK, FPO, HACCP

List of Reference-

- Guthrie Helen (1986) Introductory Nutrition. Times Mirror/ Mosby College Publishing.
- Mudambi, S.R., Rajgopal, M.V.(1990) Fundamentals of Foods and Nutrition, New Age International Pvt. Ltd.
- Nutrient Requirements and Recommended Dietary Allowances for Indians- I.C.M.R. Publication 1999.
- Robinsson, and Lawler. (1986) Normal and Therapeutic Nutrition. Mac Millan Pub.Co.
- Elenaor N., Whitney S., Rady R. (1993): Understanding Nutrition, West Publishing Company, Minneapolis.
- Wardlaw (1993): Perspectives in Nutrition, Paul Insel Mosby.
- Blank F.C. (1999): Handbook of Food & Nutrition, Ago Botanical Publishers, Bikaner.
- Mudambi and Sheela Rao: Food science
- Marion Benion & Hughes: Introductory Foods, Macmillan 'ew YORK