

A COURSE FOR THREE MONTHS ON NUTRITION SCIENCE

SYLLABUS

A Group: - Intestinal system

- 1) Utilization of food by the body through – Digestion, absorption and metabolism.
 - 2) Energy requirement during rest, different physical activities and different physiological condition that in Growth, Pregnancy and Lactation.
 - 3) Acquired immunity.
 - 4) Fat soluble vitamins - Vit-D,E,K etc.
 - 5) Water soluble vitamins- (B-complex,B1,B3,B6,B12,Vit-C)
 - 6) Biological value.
 - 7) Cataract- (Eye)
 - 8) Diabetes mellitus.
 - 9) Fats in food.
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B Group: - Dietetics and diet planning

- 1) Balance diet for pregnant and nursing mothers.
- 2) Formulation of low cost balance diet, from locally available.
- 3) Methods of food preservation.
- 4) Nutrition foundation of INDIA.
- 5) Water excess (water intoxication).
- 6) Wet Beriberi, Dry Beriberi.

C Group :- Nutrition for the community

- 1) Common deficiency diseases in India:- Protein, calorie, malnutrition, vitamin – A, anaemia, goitre etc.
 - 2) Supplementary feeding for vulnerable groups.
 - 3) Nutrition education for the community including cooking demonstrations.
 - 4) Methods of survey of food consumption and food habits in families.
 - 5) Elementary idea about the current national nutritional of programme in India.
 - 6) Use of food value tables and calculation of nutritive value of the diet.
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D Group :- Detection of carbohydrate, protein (Albumin) and fat in food

- 1) Preparation of nutritional snacks for school Tiffin based on locally available food.
 - 2) Prepare a liquid diet to alleviate diarrhoea.
 - 3) Prepared a day's diet for an average adult women allowances for pregnant and nursing diet survey in a family and to interpret the results in term of adequacy.
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E Group :- Food supplements

- 1) Normal organic vegetables as a food supplement for development of body physiological condition.
- 2) Support of food supplement help to body growth and body building system.