

**Semester III**  
**ANCC3: NUTRITION FOR THE FAMILY**  
**(CREDITS: THEORY-4, PRACTICAL-2)**

**Contents:**

**Unit: I Basic concepts of meal planning**

- Food groups and concept of balanced diet ,food exchange list ,food pyramid.
- Concept of dietary reference intakes
- Factors effecting meal planning.
- Dietary guidelines for Indians.

**Unit: II Nutrition during the adult years**

- **Physiological changes, RDA, nutritional guidelines, nutritional concerns and healthy food choices of the following:**
  - Adult
  - Pregnant woman
  - Lactating mother
  - Elderly

**Unit: III Nutrition during childhood**

- **Growth and development, growth reference/ standards (percentiles), RDA, nutritional guidelines, nutritional concerns and healthy food choices of the following**
  - Infants.
  - Preschool children.
  - School going children.

**Unit IV Nutrition during Adolescence**

- Growth and development.
- Growth reference/ standards, RDA, nutritional guidelines.
- Nutritional concerns.
- Healthy food choices.

## ANCCP3: NUTRITION FOR THE FAMILY

### PRACTICAL

1. Introduction to meal planning.
2. Use of food exchange list and food composition.
3. Planning of diets for
  - Pregnant and Lactating woman
  - Preschool child
  - School going children and adolescents
  - Young adult.
  - Elderly
4. Planning weaning foods for Infants

## RECOMMENDED READINGS

1. Seth, V. and Singh, K (latest edition). Diet Planning through the Life Cycle: Part 1 Normal Nutrition. A Practical Manual. Elite Publishing House Pvt. Ltd. New Delhi.
2. Gopalan, C, Rama Sastri, B.V., Balasubramanian ,S.C. (latest edition) Nutritive Value of Indian Foods. National Institute of Nutrition, ICMR, Hyderabad.
3. Khanna, K., Gupta, S., Seth, R., Passi, S.J., Mahna,R., Puri, S. (latest edition). Textbook of Nutrition and Dietetics. Phoenix Publishing House Pvt. Ltd
4. Wardlaw, G.M., Hampi, J.S., Di Silvestro, R.A. (latest edition). Perspectives in Nutrition.
5. Mc Graw Hill. ICMR (latest edition) Dietary Guidelines for Indians. Published by National Institute of Nutrition
6. Hyderabad ICMR (latest edition) Recommended Dietary Allowances for Indians. Published by National Institute of Nutrition, Hyderabad