

SEMESTER-II
Core Courses (ND-CC2): NUTRITION FOR THE FAMILY
(CREDITS: THEORY-4, PRACTICAL-2)

THEORY

UNIT I Food and Food Groups

- Food groups
- Concept of balanced diet
- Food exchange list
- Concept of Dietary Reference Intake

UNIT II Basic Concept of Meal Planning

- Meal planning and dietary allowances
- Factors affecting meal planning and Food related behaviour
- Dietary guidelines for Indians
- Food pyramid

UNIT III Nutrition during the adult years

- Physiological changes and RDA
- Nutritional guidelines
- Nutritional concerns and healthy food choices
 - Adult
 - Pregnant woman
 - Lactating mother
 - Elderly

Unit IV Nutrition during Infancy and childhood

- Growth and development
- Growth reference/ standards
- RDA, nutritional guidelines, nutritional concerns and healthy food choices
 - Infants
 - Preschool and School going children
 - Adolescents

Practical

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- Use of food exchange list
- Planning and preparation of diets and dishes for :
 - Young adult
 - Pregnant and Lacting woman
 - Preschool child
 - School age child
 - Adolescents
 - Elderly

RECOMMENDED READINGS

1. Edelstein S, Sharlin J (ed). Life Cycle Nutrition- An Evidence Based Approach; 2009; Jones and Barlett Publishers.
2. Khanna K et al. Textbook of nutrition and dietetics; 2013; Phoenix Publisher.
3. Sharma S, Wadhwa A. Nutrition in the community- A textbook; 2003; Elite Publishing House Pvt. Ltd.
4. Jain P et al. *Poshan va swasthya ke mool siddhant (Hindi)*; First Ed; 2007; Academic Pratibha.
5. Malhan, Gupta, Jain. *Aahar aayojan, khadya sangrakshan evam griha vyavastha (Hindi)*; 1993; Sultan Chand & Sons Publishing.
6. Vrinda S. *Aahar Vigyan (Hindi)*; 2003; Shyam Prakashan.
7. Ghosh S. Nutrition and child care- A practical guide; 1997; Jaypee Bros.
8. Savage King F, Burgess A. Nutrition for developing countries; Second Ed; 1993; Oxford University Press.
9. Dietary guidelines for Indians- A Manual; 2011; NIN, ICMR, Hyderabad.
10. Gopalan,C et al. Nutritive Value of Indian foods; 1994; NIN, ICMR, Hyderabad.
11. Raina U, Kashyap S et al. Basic Food Preparation-Complete Manual; 2005; Orient Longman
12. Seth V and Singh K (2006). Diet Planning through the Life Cycle: Part 1 Normal Nutrition. A Practical Manual. Elite Publishing House Pvt. Ltd. New Delhi.
13. Chadha R and Mathur P eds. Nutrition: A Lifecycle Approach. Orient Blackswan, New Delhi. 2015