

OBJECTIVES : To enable the students to

- understand the principles of menu planning
- plan diets for various ages, physiological conditions and income levels.

COURSE :

UNIT I : Balanced Diets, Food habits, importance and their impact on good nutrition. Meal planning for the family. Acceptability, Psychological aspects, Food fads and fallacies.

UNIT II : Growth and development, , nutritional requirements and nutritional status of Infants, Preschool and school age children.

UNIT III: Growth, development, nutritional requirements and nutritional status of Adolescents.

UNIT IV: Balanced diets, Nutritional requirements and nutritional status of

- a. Adult man and woman
- b. Industrial worker and work performance.
- c. Geriatrics – Physiological, psychological, social and economic effects .

UNIT V: Balanced diets, Nutritional requirements, nutritional status and changes influencing the nutritional status of women during

- a. Pregnancy
- b. Lactation .

References:

1. Swaminathan M. (1985) Essential of and Nutrition Vol I & II, BAPPCO, Bangalore.
2. Robinson .H.and M.R.(1982) Normal and Therapeutic Nutrition, Mac Milan Publishing Co. (P) Ltd. New York.
3. Fleck H.(1982) Introduction to Nutrition, Macmillan & Co., (P) Ltd., NEW York.
4. Pike R.L. and Brown M.L.(1975) Nutrition – an integrated approach Wiley Eastern India Ltd., New Delhi.
5. Davidson S. and Passmore R. (1969) Human Nutrition – principles and application in India . Prentice Hall of India, New Delhi.
6. Nutritive value of Indian foods.

St. Joseph's College for Women (Autonomous) , Visakhapatnam

Time: 2 Hrs/Week

**FAMILY NUTRITION
PRACTICALS**

Max. Marks: 50

OBJECTIVES : To enable the students to

- understand the principles of menu planning
- plan diets for various ages, physiological conditions and income levels.

COURSE :

UNIT I : Balanced Diets,

UNIT II : . Meal planning for the family according to nutritional requirements and RDA.

UNIT III: Meal planning for Infants, Preschool , school age children and Adolescents according to nutritional requirements and RDA.

UNIT IV: Meal planning for Adult man, woman ,Pregnancy and Lactation and old age of various income levels and as per Balanced diets and Nutritional requirements.

UNIT V: Visits to ICDS centres.

References:

1. Swaminathan M. (1985) Essential of and Nutrition Vol I & II, BAPPCO, Bangalore.
2. Robinson .H.and M.R.(1982) Normal and Therapeutic Nutrition, Mac Milan Publishing Co. (P) Ltd. New York.
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