

**ST. JOSEPH'S COLLEGE FOR WOMEN (AUTONOMOUS), VISAKHAPATNAM**

**Time: 4 Hrs/Week**

**MATERNAL & CHILD NUTRITION**

**Max. Marks: 100**

**Objectives:** To enable the student to learn –

1. physiology of pregnancy and lactation.
2. the nutritional needs during these stages.
3. the impact of nutritional deficiencies during these stages on mother's health and growth of the child.

**Course:**

**Unit I:** Nutrition during pregnancy – Physiology of pregnancy, factors influencing pregnancy outcome, antenatal care, nutritional requirements, diet and complications.

**Unit II:** Nutrition during lactation – physiology of lactation, nutritional requirements during lactation and dietary management, care during feeding, common problems in breast feeding, galactogogues.

**Unit III:** Nutrition during infancy – Breast feeding, importance, significance, myths, -Nutritional requirements, growth pattern, growth monitoring. Lactose Intolerance.

**Unit IV:** Nutritional deficiency and its impact on child growth and development during Infancy.

**Unit V:** Effect of poor Nutrition on mother and child – Intra- uterine growth retardation such as Preterm, Small-for –date, other malformations, Pregnancy wastage, Economic impact on family and society.

**References:**

1. Gopalan C and Vijayaraghavan K (1971) Nutrition Atlas of India, NIN, Hyderabad.
2. Park J.E. and Park K.(1986) Text book of preventive and social medicine, Banarasidas Bhanot, Jabalpur.
3. Combating Under nutrition – Basic issues and practical approach. Special Publication series Np.3 (1987) NFI, New Delhi

**ST.JOSEPH'S COLLEGE FOR WOMEN (AUTONOMOUS), VISAKHAPATNAM**

**Time: 2 Hrs/Week**

**MATERNAL & CHILD NUTRITION**  
**PRACTICALS**

**Max. Marks: 50**

**Objectives:** To enable the student to –

1. plan diets for mother and infants.
2. understand the practical implications of nutrition deficiency on mother and child.

**Course:**

**Unit I:** Diet plans during various stages of pregnancy, lactation and infancy.

**Unit II:** Nutrition assessment of mother and child.

**Unit III:** Visit to Antenatal clinics and observation of mothers and children.

**Unit IV:** Market survey for baby foods, alternates for lactose intolerance etc.

**References:**

1. Gopalan C and Vijayaraghavan K (1971) Nutrition Atlas of India, NIN, Hyderabad.
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