

Food and Nutrition

Duration : 26 Hours

Exam Marks : 50

Module I: Introduction to Nutrition

2Hours

Concept and definition of terms nutrition, malnutrition and health, Principles of nutrition, digestive system, Food groups, Food guide pyramid, My plate, Recommended Dietary Allowances, Nutrition Labeling.

Module II: Ideal weight, Total energy requirement, Body Mass Index

3Hours

Basal metabolism, factors that affect BMR, Formula for BMI and BMR, BMI index, Waist Circumference

Module III: Macronutrients

4Hours

Carbohydrates- classification, function, sources, common diseases, deficiency
 Protein- amino acids, types of amino acids, functions of protein, sources, common diseases
 Fats- classification, function, cholesterol and its sources, trans fatty acids and sources, sources of fat, common diseases

Module IV: Micronutrients

6Hours

Vitamins
 Fat soluble vitamins- Vitamin A, Vitamin D, Vitamin E, Vitamin K- Function, sources, deficiency, toxicity
 Water soluble vitamins- Vitamin C, Vitamin B1, B2,B3,B5,B6- Function, deficiency, toxicity, sources
 Minerals
 Water- Functions

Module V: Nutrition in Life Cycle

4Hours

Pre-school- Foods to provide, signs of good nutrition
 School child- Feeding problems, recommended solutions
 Adolescents- Nutritional requirements
 Elderly- Nutritional requirements, factors affecting adequate feeding, Dietary recommendations
 Nutritional and food requirements during old age.

Module VI: Community nutrition

5Hours

Community nutrition: Concept and scope of nutrition, nutritional problems of the community, schemes and programmes to combat nutritional problems.

ACTIVITY:

2Hours

Poster on importance of breakfast
 Create a “My plate” model and a “My pyramid” model
 Nutritional aid