

▪ SEMETSER:- II

▪ COURSE NO.:- FCN-124

▪ COURSE TITLE:- HUMAN NUTRITION

▪ CREDIT:- 3(2+1)

➤ THEORY

NO. OF UNITS	TOPICS	NO. OF LECTURES
1	<i>Concepts and content of nutrition</i> <ul style="list-style-type: none">▪ <i>Nutrition agencies</i>▪ <i>Nutrition of community</i>▪ <i>Nutritional policies and their implementation</i>▪ <i>Metabolic function of nutrients</i>	3
2	<i>Water and energy balance</i> <ul style="list-style-type: none">▪ <i>Water intake and losses</i>▪ <i>Basal metabolism- BMR</i>▪ <i>Body surface area and factors affecting BMR</i>	3
3	<i>Formulation of diets</i> <ul style="list-style-type: none">▪ <i>Classification of balanced diet</i>▪ <i>Preparation of balanced diet for various groups</i>▪ <i>Diets and disorders</i>	4
4	<i>Recommended dietary allowances</i> <ul style="list-style-type: none">▪ <i>For various age group</i>▪ <i>According physiological status</i>▪ <i>Athletic and sports man</i>▪ <i>Geriatric persons</i>	5
5	<i>Malnutrition</i> <ul style="list-style-type: none">▪ <i>Type of Malnutrition</i>▪ <i>Multi-factorial causes</i>▪ <i>Epidemiology of under nutrition and over nutrition</i>▪ <i>Nutrition infection and immunity</i>▪ <i>Nutrition education</i>	5
6	<i>Assessment of nutritional status</i> <ul style="list-style-type: none">▪ <i>Diet surveys</i>▪ <i>Anthropometry</i>▪ <i>Clinical examination</i>▪ <i>Biochemical assessment</i>▪ <i>Additional medical information</i>	4

7	<i>In-born error of metabolism</i> <ul style="list-style-type: none"> ▪ <i>Blood constituents</i> ▪ <i>Nutrients</i> ▪ <i>Hormones and enzymes</i> ▪ <i>Miscellaneous disorders</i> 	4
8	<i>Food fad and faddism.</i>	1
9	<i>Potentially toxic substance in human food.</i>	1
	TOTAL	30

➤ PRACTICALS

NO. OF UNITS	TOPICS	NO. OF EXPT.
1	<i>Role of various national and international agencies in field of human nutrition</i>	1
2	<i>Calculation of BMR and body surface area</i>	2
3	<i>Preparation of balance diets, evaluation of energy value and technoeconomical feasibility</i>	3
4	<i>Anthropometric measurements</i>	2
5	<i>Techniques in animal feeding experiments</i>	2
6	<i>Biochemical analysis of urine and blood</i>	2
7	<i>Nutritional survey</i>	2
8	<i>Determination of energy value by Bomb Calorimeter</i>	2
9	<i>Computation of Energy requirements On the basis of Physical activity and ACU unit</i>	2
	TOTAL	18

➤ Reference Books:

- *Community Nutrition* *Mc Laren*
- *ICMR Publications* *ICMR*
- *Food and Nutrition* *M. Swaminathan*
- *Assessment of nutritional* *D. B. Jelliffe*
- Status of the community*