

Subject Code: 1NR1020102	Subject Title: NUTRITION AND DIETETICS
Pre-requisite	-----NA-----

Course Description

This course is designed to provide the students with a wide knowledge of dietetics in Indian setting, that the practice of teaching optimum and realistic dietary planning can become an integral part of nursing practice

Teaching Scheme (Total Hours)			Evaluation Scheme (Marks)				
Lecture	Practical	Total Hours	Theory		Practical		Total
			University Assessment	Continuous Assessment	University Assessment	Continuous Assessment	
30	15	45	35	15	-	-	50

Course Content:

UNIT	Time (HRS)		Learning Objective	COURSE CONTENTS	Teaching learning Activities	Assessment Method
	T	P				
I	8Hrs		Explain the principles of nutrition & dietetics	Introduction to nutrition and dietetics. * Balanced diet, factors on which it depends. * Factors to be considered in planning. * Guides available for planning. * Food hygiene, preparation and preservation * Review of nutrients – micro and macro.	Lecture & Discussion Explain Using chart Panel Discussion	Written Test; Objective and Essay Type.
II	8Hrs	8	Describe & plan various therapeutic diet for different conditions	Introduction to diet therapy * Routine hospital diets * Therapeutic diet under each unit i.e. cardiovascular diseased, Gastrointestinal diseases, Renal disorders, endocrine and metabolic disorders, allergy, infections and fevers, pre and post operative stage, deficiency diseases and malnutrition, overweight and underweight.	Lecture & Discussion Explain Using chart	Written Test; Objective and Essay Type.
III	8Hrs	7	Describe and plan feeding of infant & children	Infant and child nutrition * Feeding of normal infants: factors to be considered in planning, nutritional requirements. * Feeding of premature infants: factors to be considered in planning, nutritional requirements. * Supplementary feeding of infants: Advantage and method of introduction. * Weaning, effects on mother and child * Psychology of infant and child feeding. * Feed the sick child. Diet in diseases of infancy and childhood. * Deficiency states – malnutrition and under nutrition. * Feeding pre-school child: nutritional needs, factors to be considered in planning diets. Problems in feeding. * School lunch programme: Advantages, Need in India.	Lecture & Discussion Explain with slide film show Demonstration of assessment of nutritional charts	Written Test; Objective and Essay Type.

IV	6Hrs		Describe various community nutrition programe Describe nutritionalneeds & diet plan for different age groups	Community Nutrition: Need for community nutrition programme. * Nutritional needs for special groups: infant, child, adolescent, pregnant woman, lactating mother and old people. * Substitutes for non-vegetarian foods. * Selection of cheap and nutritious foods. Nutrition education- needs andmethods. * Methods of assessing nutritional status of individual/group/community. * Current nutritional problems and national programmes.	Lecture & Discussion Explain with slidefilm show Demonstration of assessmentt of nutritional charts	Written Test; Objective and Essay Type.
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PRACTICUM

I. Methods of cooking and cookery rules.

1. Simple preparation of beverages, soups, cereals and pulses, eggs, vegetables, meat.
2. Menu Plans.

II. Preparation of supplementary food for infants.

1. Food for toddlers.
2. Low cost nutritious dishes for vulnerable groups.
3. Dietary case study of patient on special diet and planning of low cost dietary instructionsfor home adaptations.
4. Planning of therapeutic diets.