

Value added course

Programme code:	B. Sc	Programme Title :	Zoology
Course Code:	201296VA	Title	Batch :
		Nutrition and Dietetics (Value added course)	Semester III
Hrs/Week:			Credits:

Course Objectives

- To understand the nutritive values of various foods
- To obtain knowledge on role of diet.
- To understand the recent trends in diet therapy.

Course Outcomes (CO)

K1	CO1	To recollect the concept of nutritive foods.
K2	CO2	To understand the energy values of various foods.
K3	CO3	To apply the importance of dietetics
K4	CO4	To analyze the nutrition and dietetics

Unit	Content	Hrs
Unit I	Measurement of energy and energy values of various food. Definition- Nutrition, factors affecting nutrition. Nutritional requirements – children, adolescence, old age Balanced Diet – Definition, Food Pyramid-importance	6
Unit II	Macro Nutrients- Major Nutrients – Definition, classification, food sources, functions, deficiency diseases of carbohydrate, protein and fat	6
Unit III	Micro Nutrients Vitamins - Functions, food sources, deficiency diseases of Water soluble vitamins – Vitamin C, B1, B2, Niacin. Fat Soluble Vitamins - A, D, E, K Minerals - Functions, food sources, deficiency diseases of Calcium, Iron, Fluoride and Iodine	6
Unit IV	Principles of diet therapy - Routine Hospital diets - special feeding methods - Tube feeding, parental nutrition. The Dietitian - Clarification - Responsibilities in Indian context - Diet counseling - Registered dietitian.	6
Unit V	Therapeutic Diets Definition of dietetics –purpose and principles of therapeutic Diets, role of dietitian, routine hospital diets and special feeding methods.	6
Total Contact Hrs		30

Italics denoted as self study topics

Assignment ,Seminar

Books for Study:

Anita Tull, (1987) 1st edition. Food and nutrition – Oxford University press. Cambridge

Srilakshmi, B. (2012) 5th edition. Food Science, New age International Publishers, New Delhi

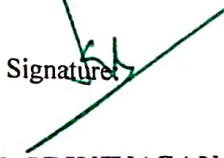
Books for Reference:

Swaran Pasran Pasricvha, (2000) 1st edition. Count what you eat – NIN – Hyderabad
 Tripathy, S. N. (2004) 1st edition. Food Biotechnology. Dominant Publishes and distributors, New
 Delhi. 110002
 Srilakshmi, B. (2012) 6th edition. Dietetics, New age International Publishers, New Delhi

Mapping

CO \ PSO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	H	H	H	M	H
CO2	H	M	H	M	H
CO3	H	H	H	H	H
CO4	M	H	M	H	M

H-High; M-Medium; L-Low

Course Designed by Name and Signature	Verified by HOD Name and Signature	Checked by CDC	Approved by COE
Dr. S. Somasundaram Signature: 	Dr. S. Somasundaram Signature: 	Mr.K.Srinivasan Signature: 	Dr. R. Muthukumaran Signature: 

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