

**SKILL BASED COURSE**  
**SEC FN-101 NUTRITION SCREENING AND ASSESSMENT**

**CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-requisite of the Course (if any)
		Lecture	Tutorial	Practical		
<b>SBC FN-101 Nutrition Screening and Assessment</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>2</b>	<b>As per admission</b>	<b>Nil</b>

**Learning Objectives**

- To gain an insight into the importance/relevance of nutrition screening and assessment in the community and hospital settings.
- To study quality control and standardization techniques in nutritional screening and assessment.
- To get an exposure to various nutritional screening and assessment methods .
- To develop or adapt/modify existing nutrition screening tools/programs for diverse cultural and socioeconomic settings.
- To understand the role of emerging methods/technologies in nutrition assessment.
- To interpret results from nutritional screening and assessment tools and communicate the findings.

**Learning Outcomes**

The students would be able to:

- Assess nutritional status based on clinical signs and symptoms, anthropometric measurements and dietary intake at the individual and community level.
- Maintain accuracy and consistency in nutrition screening and assessment methods through quality control measures.
- Use of specialized nutrition screening and assessment tools in community and hospital settings.
- Analyse, document and present nutrition assessment data.

**PRACTICAL**  
**(Credits 2; Hours 60)**

**1. Relevance, significance and methods of Nutrition Screening and Assessment**

- Importance of nutrition screening and assessment.
- Relevance and application of different nutrition screening tools.
- Methods of nutritional assessment in the community and hospital settings.

**2. Standardization, Quality Control & Assurance in Nutrition Screening and Assessment**

- Standardization, calibration and validation of assessment tools.
- Inter-observer and intra-observer variability in measurements.
- Guidelines for maintaining accuracy and consistency in screening/assessment methods
- Methods to minimize errors in nutrition screening and assessment

**3. Ecological variables in nutritional assessment**

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**4. Clinical examination for nutritional assessment.**

- Identification of key clinical signs and symptoms of nutritional disorders.

**5. Anthropometric measurements for nutritional assessment.**

- Measurement of Weight, Height/Length, Mid Upper Arm Circumference and Waist Circumference.
- Interpretation of anthropometric data using various Indices and indicators in different age groups.

**6. Dietary assessment**

- Assessment of dietary intake pattern, dietary diversity and estimation of food and nutrient intake - Food Frequency Questionnaire and 24-Hours Diet Recall
- Use of mobile applications and digital tools for dietary assessment.

**7. Assessment of body composition**

- Estimation of fat mass and lean body mass using Bioelectric Impedance method.

**8. Screening for risk of development of Non-Communicable Diseases**

- Screening for risk of developing non-communicable diseases (Diabetes, Hypertension, Cardiovascular Diseases).

**9. Interpretation, documentation and presentation of data on nutritional status assessment.**

- Nutrition data presentation, interpretation and report writing.

**Essential Readings**

- Gibson, R. S. (2005). *Principles of Nutritional Assessment*. Oxford University Press.
- Lee, R. D., & Nieman, D. C. (2018). *Nutritional Assessment*. McGraw-Hill Education.

- Mahan, L. K., & Raymond, J. L. (2020). *Krause's Food & the Nutrition Care Process*. Elsevier.
- WHO & FAO Reports on Nutrition Assessment and Screening Guidelines.

### **Suggested Readings**

- Gropper, S. S., Smith, J. L., & Carr, T. P. (2019). *Advanced Nutrition and Human Metabolism*. Cengage Learning.
- Willett, W. C. (2013). *Nutritional Epidemiology*. Oxford University Press.
- Recent research articles and journals on AI and digital tools in nutrition assessment.
- Reports on cultural and socioeconomic adaptations in nutrition screening.

**Note: Examination scheme and mode shall be as prescribed by the Examination branch, University of Delhi, from time to time**