

## GENERIC ELECTIVES (GE HS 006): NUTRITION FOR THE FAMILY

### 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
		Lecture	Tutorial	Practical/ Practice		
Nutrition for the Family	4	3	0	1	12 <sup>th</sup> Pass	NIL

### Learning Objectives

The Learning Objectives of this course are as follows:

- To enable students in understanding the principles of planning nutritionally adequate diets.
- To acquire knowledge about the nutritional needs and concerns of an individual throughout the life cycle.
- To make them exercise food choices consonant with good health based on sound knowledge of principles of nutrition.

### Learning outcomes

The Learning Outcomes of this course are as follows:

The students will be able:

- The student will be able to comprehend the principles of planning nutritionally adequate diets.
- The student will be able to acquire knowledge about the nutritional needs and concerns of an individual throughout the life cycle.
- The student will be able to exercise food choices consonant with good health based on sound knowledge of principles of nutrition.

## **SYLLABUS OF GE HS 006**

### **Unit I: Basics of nutrients requirements (06 Hours)**

Concepts of estimated average requirements, recommended allowances and methods of assessing nutrient requirements in general for Indians

Subtopics:

- Concept of EAR, RDA and TUL
- Methods of assessment of nutrient requirements

### **Unit II: Principles of Meal Planning (06 Hours)**

Concepts of food groups and food exchange lists for meal planning, factors affecting meal planning will be dealt with. Students will also be introduced to dietary guidelines for Indians.

Subtopics:

- Food groups
- Food exchange list
- Factors affecting meal planning and food related behaviour
- Dietary guidelines for Indians

### **Unit III: Nutrition during adulthood (18 Hours)**

Physiological influence on nutrient requirements during adulthood (EAR/RDA), energy balance in adulthood, nutritional concerns and changes in requirements during pregnancy, lactation, and old age will be dealt with.

Subtopics:

- Adult men and women
- Pregnant women
- Lactating mothers
- Elderly

### **Unit IV: Nutrition during childhood (15 Hours)**

Physiological changes during infancy, childhood and adolescence – growth and development; and their influence on nutrient requirements (EAR/RDA), concepts of nutrient requirements during these ages and nutrition concerns keeping in mind the changing food habits and importance of physical activity will be dealt with.

Subtopics:

- Infants
- Preschool children
- School children
- Adolescents

**Practical component (if any)**

## **PRACTICAL: 30 Hours**

Introduction to meal planning:

- Rich sources of nutrients
- Use of food exchange lists

Planning nutritious diets for:

- Adult (Male and Female)
- Pregnant and Lactating woman
- Pre-schooler
- Adolescent
- Elderly

Planning and cooking of nutrient rich snacks/dishes for:

- Infants (Freshly prepared complementary foods)
- Packed tiffin
- Pregnancy/Lactation

### **Essential Readings**

1. Chadha R and Mathur P eds. (2015). Nutrition: A Lifecycle Approach. New Delhi: Orient Blackswan
2. ICMR-NIN (2020). Expert Group on Nutrient Requirements for Indians, Recommended Dietary Allowances (RDA) and Estimated Average Requirements (EAR)-2020
3. Khanna K, Gupta S, Seth R, Passi SJ, Mahna R, Puri S (2013). Textbook of Nutrition and Dietetics. Delhi: Elite Publishing House Pvt. Ltd.
4. Longvah T, Ananthan R, Bhaskarachary K and Venkaiah K (2017). Indian Food Composition Tables. National Institute of Nutrition, Indian Council of Medical Research, Department of Health Research, Ministry of Health and Family Welfare, Government of India, Hyderabad.
5. NIN (2011). Dietary Guidelines for Indians-A manual. Second Edition. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.
6. Puri S, Bhagat A, Aeri, BT, Sharma A (2019). Food Exchange List: A Tool for Meal Planning. New Delhi: Elite Publishing House.
7. Seth V, Singh K, Mathur P (2018). Diet Planning Through the Lifecycle Part I: Normal Nutrition- A Practical Manual. 6th Edition. New Delhi: Elite Publishing House.
8. Siddhu, A, Bhatia, N, Singh, K, Gupta, S (2017). Compilation of Food Exchange List, Technical Series 6, Lady Irwin College, University of Delhi Publ. Global Books Organisation, Delhi.

### **Suggested Readings**

1. Byrd-Bredbenner C, Moe G, Beshgetoor D, Berning J (2013). Wardlaw's Perspectives in Nutrition, McGraw- Hill International Edition, 9th edition
2. B Srilakshmi Eighth Edition (2019). Nutrition Science. New Age International Publishers.
3. Punita Sethi, Poonam Lakra (2015). Aahar Vigyan Suraksha evam Poshan. Delhi: Elite Publishing House Pvt.Ltd