



First Year P.B.B.Sc. Nursing

Subject: Nutrition

Faculty: Mrs. Jayabala Aghamkar

Sr. No.	Unit	Topics	No. of lectures	Lectures serial no.
1	I	INTRODUCTION TO NUTRITION AND DIETETICS	8 HRS	
		Balanced diet, factors on which it depends	1	1
		Factors to be considered in planning	1	2
		Guides available for planning	1	3
		Food Hygiene, preparation and preservation	2	4-5
		Review of nutrients – micro & macro	2	6-7
2	II	INFANT AND CHILD NUTRITION	8	
		- Feeding of normal infants: factors to be considered in planning, nutritional requirements	1	8
		Supplementary feeding of infants: Advantage and method of introduction	1	9
		Weaning effects on mother and child.	2	10-11
		- Psychology of infant and child feeding.	1	12
		- Feeding the sick child. Diet in diseases of infancy and childhood.	1	13
		Deficiency – malnutrition, under nutrition, other nutrients deficiency	1	14
		Feeding pre-school child: nutritional needs, factors to be considered in planning diets. Problems in feeding.	2	15-17
3	III	INTRODUCTION TO DIET THERAPY	8	
		Introduction - Routine hospital diets.	1	18
		Therapeutic diet under each unit i.e. Cardiovascular diseases, Gastrointestinal diseases,	2	19-20
		, Renal disorders, Endocrine and metabolic disorders,	1	21
		Allergy, Infections and fevers, - Pre and post operative stage	2	22-23
		Deficiency diseases and malnutrition,	1	24
		overweight and underweight	1	25
4	IV	COMMUNITY NUTRITION	6	
		Need for community nutrition programme.	1	26
		- Nutritional needs for special groups: infant, child, adolescen	1	27
		- Pregnant and lactating mother and old people	1	28
		Substitutes for non-vegetarian foods	1	29

		Selection of cheap and nutritious foods. Nutrition education needs and methods.	1	30
		Methods of assessing nutritional status of individual / group / community.	1	31
		Current nutritional problems and national programmes (mid day meal etc.)	1	32