

**Padmashree Dr. D. Y. Patil College of Nursing, Pimpri , Pune-18**

**Subject: Nutrition and Dietetics**

**Faculty: Ms.Naziya Sutar**

UNIT	TOPIC	Number of lecture	Lecture Serial No
UNIT I INTRODUCTION TO NUTRITION AND DIETETICS	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
	Tutorial.	1	8
UNIT II INFANT AND CHILD NUTRITION	Feeding of normal infants: factors to be considered in planning, nutritional requirements	1	9
	Supplementary feeding of infants: Advantage and method of introduction.	1	10
	Weaning effects on mother and child.	1	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.	1	15
	Tutorial	1	16
UNIT III INTRODUCTION TO DIET THERAPY 8 Hrs	Introduction Routine hospital diets.	1	17
	Therapeutic diet under each unit i.e. Cardiovascular diseases,	1	18
	Gastrointestinal diseases, Renal disorders, Endocrine and metabolic disorders,	2	19,20
	Allergy, Infections and fevers,	1	21
	Pre and post operative stage,	1	22
	Deficiency diseases and malnutrition, overweight and underweight	1	23
	<input type="checkbox"/> Demonstration and redemonstration of therapeutic diet	15	38
	Tutorial	1	39
UNIT IV COMMUNITY NUTRITION	Need for community nutrition programme.	1	40
	Nutritional needs for special groups: infant, child, adolescent,	1	41
	Pregnant and lactating mother and old people.	1	42
	Substitutes for non-vegetarian foods.	1	43
	Selection of cheap and nutritious foods.	1	44
	Nutrition education needs and methods.		

	Methods of assessing nutritional status of individual / group / community.	1	45
	Current nutritional problems and national programmes (mid day meal etc.)	1	46
	Tutorial	1	47

PRACTICUM :15 hrs

I Methods of cooking and cookery rules.

1.Simple preparation of beverages, soups, cereals and pulses, eggs, vegetables, meat, multipurpose food snacks.

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 instructions for home adaptations.

4. Planning of therapeutic diets

## EVALUATION

**Paper -2 Subject Nutrition and Dietetics Duration 2hrs**

**Internal Assessment-15 , ExternalAssessment-35, Total Marks= 50**

**Internal Assessment: 15 Marks**

(Out of 15 Marks to be send to the University) I

Mid-Term: 25 Marks

Prelim: 35 Marks

Total: 60 Marks

(60 Marks from mid-term & prelim (Theory) to be converted into 15 Marks)

**External Assessment (Theory): 35 Marks**

**(University Examination)**

## REFERENCES:

1) Clinical dietetics and Nutrition, Antia 4th ed.

2) Nutritive value of Indian foods, Gopalan, 1st ed.

3) Krause's Food, Nutrition & diet Therapy, Mahan, 11th ed.

4) Nutrition & diet therapy, Williams

5) Clinical Dietetics & Nutrition, Philip.