

LESSON PLAN
BASIC B.Sc. NUSING
II SEMESTER

Subject code: 2

Subject: Nutrition

Faculty: Mrs. Jasmin Shijo

Units	Topics	No. Of lectures	Lectures serial no.
I Introduction to Nutrition	<ul style="list-style-type: none"> • Nutrition: History, Concepts, Role of nutrition in maintaining health, Nutritional problems in India, National nutritional policy 	1	1
	<ul style="list-style-type: none"> • Factors affecting food & nutrition : socio-economic, cultural, tradition, production, system of distribution, life style & food habits etc, Role of food & its medicinal value 	1	2
	<ul style="list-style-type: none"> • Classification of foods, Food standards 	1	3
	<ul style="list-style-type: none"> • Elements of nutrition: macro and micro Calorie, BMR 	1	4
II Carbohydrates	<ul style="list-style-type: none"> • Classification, Caloric value, Recommended daily allowances 	1	5
	<ul style="list-style-type: none"> • Dietary sources, Functions, Digestion, absorption and storage, metabolism of carbohydrates, Malnutrition Deficiencies and Over consumption 	1	6
III Fats	<ul style="list-style-type: none"> • Classification, Caloric value, Recommended daily allowances, 	1	7
	<ul style="list-style-type: none"> • Dietary sources, Functions, Digestion, absorption and storage, metabolism, Malnutrition Deficiencies and Over consumption 	1	8
IV Proteins	<ul style="list-style-type: none"> • Classification, Caloric value, Recommended daily allowances 	1	9
	<ul style="list-style-type: none"> • Dietary sources, Functions, 	1	10
	<ul style="list-style-type: none"> Digestion, absorption and storage, metabolism of carbohydrates, 	1	11
	<ul style="list-style-type: none"> Malnutrition Deficiencies and Over consumption 	1	12

V Energy	▪ Unit of energy-Kcal, Energy requirements of different categories of people	1	13
	▪ Measurements of energy	1	14
	▪ Body Mass Index (BMI) and basic metabolism,	1	15
	▪ Basal Metabolic Rate (BMR) determination and factors affecting BMR.	1	16
VI Vitamins	• Classification, Recommended daily allowances	1	17
	• Dietary sources, Functions,	1	18
	▪ Absorption, synthesis, metabolism storage & excretion	1	19
	• Deficiencies, Hypervitaminosis	1	20
VII Minerals	•Classification , Recommended daily allowance. Functions, Absorption.	1	21
	•Synthesis of mineral. Metabolism, storage and excretion	1	22
	• Sources of minerals,	1	23
	•Deficiency Over consumption and toxicity.	1	24
VIII Water and Electrolyte	•Functions, Absorption, Metabolism, storage and excretion, Sources of water.Distribution of body water, Recommended daily allowance.	1	25
	•Electrolytes:, Types and sources, Composition of body fluid.	1	26
	•Maintenance of fluid and electrolyte balance, Over hydration and dehydration	1	27
	Electrolyte imbalance	1	28
IX Cookery rules and preservation of nutrients.	•Principles of cooking and serving, Preservation of nutrients.	1	29
	•Storage of food.	1	30
	•Food preservation	1	31
	•Safe food handling Food preservation, food additives and its principles.	2	32-33
	•Food Adulteration Act Food Standards	2	34-35
		1	36
	Preparation of simple beverages and different types of foods	2	37-38

X Balance diet	•Elements, Food groups	1	39
	•Recommended Daily Allowance	1	40
	•Nutritive value of foods	1	41
	•Calculation of balanced diet for different categories of people	1	42
	•Factors influencing food selection, marketing and budgeting for various cultural and socioeconomic group	1	43
	•Planning menu	3	44-46
	•Introduction to therapeutic diets: Naturopathy-Diet	2	47-48
	Demonstration: Fluid diet, Egg flip, Soup, barley water, whey water, Soft diet : custard, caramel, kanji, jelly Semisolid diet: Khichadi, mashed potatoes kheer	8	49-56
XI Role of nurse in nutritional Programmes	• National programmes related to nutrition, Vitamin A deficiency programme	1	57
	• National iodine deficiency disorders (IDD) programme ,Mid-Day meal programme	1	58
	• Integrated child development scheme (ICDS)	1	59
	National and International agencies working towards food/nutrition	1	59
	• NIPCCD, CARE, FAO, NIN, CFTRI (Central food technology & research institute) etc. Assessment of nutritional status Nutrition education and role of nurse	1	60

REFERENCES :

- 1) Shubhangi Joshi, *Nutrition and Dietetics* 2nd edition, Tata McGraw – Hill publishing company Limited, New Delhi, 2002.
- 2) Dr. M. Swaminathan, *Handbook of Food and Nutrition*, The Bangalore printing and publishing Co. Ltd. (Banglore press) 2004.
- 3) C. Gopalan, B. V. Ramasastry and S.C. Balasubramanian *Nutritive value of Indian Foods*, National Institute of Nutrition, Indian Council of Medical Research, Hyderabad 1999.
- 4) Joshi V.D. *Handbook of Nutrition and Dietetics* vora medical publications, 1999.
- 5) Kusum Gupta (L. C.Guple, Abhishek Gupta) *Food and Nutrition Facts and Figures*, 5th edition Jaypee brothers Medical publications (P) Ltd., New Delhi, India 2003.
- 6) T. K. Indrani, *Nursing Manual of Nutrition and Therapeutic Diet*, 1st edition Jaypee Brothers medical publishers (P) Ltd., 2003.
- 7) Antia – *Clinical Dietetics and Nutrition*, ed., 4th.