

LESSON PLAN
BASIC B.Sc. NUSING I YEAR

Subject code: 2

Subject: Nutrition

Faculty: Ms.Leena Mohan

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, Digestion, absorption and storage, metabolism of carbohydrates, Malnutrition Deficiencies and Over consumption 	1	10
V Energy	<ul style="list-style-type: none"> • Unit of Energy –Kcal, Energy requirements of different categories of people. 	1	11

	<ul style="list-style-type: none"> • Measurements of energy • Body Mass Index (BMI) and basic metabolism, Basal Metabolic Rate (BMR) determination and factors affecting BMR. 	1 1	12 13
VI Vitamins	<ul style="list-style-type: none"> • Classification, Recommended daily allowances • Dietary sources, Functions, • Absorption, synthesis, metabolism storage & excretion • Deficiencies, Hypervitaminosis 	1 1 1 1	14 15 16 17
VII Minerals	<ul style="list-style-type: none"> •Functions, Absorption. •Synthesis of mineral. Metabolism, storage and excretion • Sources of minerals, Classification •Recommended daily allowance. Deficiency Over consumption and toxicity. 	1 1 1 1	18 19 20 21
VIII Water and Electrolyte	<ul style="list-style-type: none"> •Functions, Absorption, Metabolism, storage and excretion, Sources of water. Distribution of body water, Recommended daily allowance. •Deficiency, Types and sources, Composition of body fluid. •Maintenance of fluid and electrolyte balance, Over hydration and dehydration Electrolyte imbalance 	1 1 1	22 23 24
IX Cookery rules and preservation of nutrients.	<ul style="list-style-type: none"> •Principles of cooking and serving, Preservation of nutrients. •Storage of food. •Food preservation •Safe food handling Food preservation, food additives and its principles. •Food Adulteration Act Food Standards 	1 1 1 1 1	25 26 27 28 29

X Balance diet	•Elements, Food groups	1	30
	•Recommended Daily Allowance	1	31
	•Nutritive value of foods	1	32
	•Calculation of balanced diet for different categories of people	1	33
	•Factors influencing food selection, marketing and budgeting for various cultural and socioeconomic group	1	34
	•Planning menu	1	35
	•Introduction to therapeutic diets: Naturopathy-Diet	1	36
XI Role of nurse in nutritional Programmes	• National programmes related to nutrition, Vitamin A deficiency programme	1	37
	• National iodine deficiency disorders (IDD) programme ,Mid-Day meal programme	1	38
	• Integrated child development scheme (ICDS)	1	39
	National and International agencies working towards food/nutrition	1	39
	• NIPCCD, CARE, FAO, NIN, CFTRI (Central food technology & research institute) etc. Assessment of nutritional status Nutrition education and role of nurse	1	40

PRACTICUM: Cookery demonstration and re-demonstration - 20Hrs.

EVALUATION:

Paper -2, Subject -Nutrition, Duration -2HRS

Internal Assessment-15 , ExternalAssessment-45, Total Marks= 50

Internal Assessment: 15 Marks

(Out of 25 Marks to be send to the University)

Unit test I: 15 Marks

Unit test II:35 Marks

Prelim: 45 Marks

Cookery:25 marks

Total: 120 Marks

External Assessment (Theory): 45 Marks

(University Examination)

REFERENCES :

- Shubhangi joshi, Nutritio and Dietician, 2nd edition**
- KUSUM Gupta, Food and Nutrition Facts, 5th edition**
- Swaminathan, Hasnd book of Nutrition.**