

### DIETETICS PRACTICAL -I

Sem	Subject Code	Category	Lecture		Theory	Practical		Credits
V	19CNF51	Core practical III	Hrs/sem	Hrs/Per week	-----	Hrs/sem	Hrs/Per week	3
			-	-		75	5	

1. Grouping of foods according to ICMR classification
2. Find the percentage of edible portion of foods
3. Food Exchange System and Standardization of Raw to Cooked Foods
4. Development of a Ready – Reckoner for calculating nutrient content of various foods, portion size and volume, conversion of cooked to raw equivalent of various foods.  
Learning how to use different nutrition assessment tools
5. Planning of routine hospital diet–clear liquid, Full fluid, soft, Regular Normal diet.
6. Diet for Obesity and Underweight
7. Diet for Diabetes Mellitus
8. Diet for Gastrointestinal Tract Disorders
9. Diet for Hepatobiliary Disorders

**Distribution of Marks:** Practical – 40 (IA) + 60 (univ. exam) = 100 Marks

#### TEACHING METHODOLOGY

- Chalk and board teaching
- Study Assignment method
- Active learning method
- Group discussions
- PPT
- Seminars
- Other Group activity
- Hospital Visit

#### SYLLABUS DESIGNER:

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