NUTRITION THROUGH LIFE SPAN

Sem	Subject Code	Category	Lecture		Theory		Practicals	Credits
IV	19CNF4A	Core Paper IV	Hrs/sem	Hrs/Per week	Hrs/sem	Hrs/Per week	-----	4
			60	4	60	4		

Objectives:

1. To know the computation of allowances.
2. To impart knowledge on the importance of nutrition during life span.
3. To enlighten on the dietary modifications.

COURSE OUTCOMES

On the successful completion of the course, students will be able to

CO Number	CO Statement	Knowledge Level (K1-K4)
CO1	General concepts about growth and development through different stages of life	K1,K2, K3, K4
CO2	Nutrition in Pregnancy,complications	K2, K3, K4
CO3	Nutrition during Lactation, Nutrition in Infancy, Nutrition in Pre-school	K2, K3, K4
CO4	Nutrition in school children and Adolescence	K2, K3, K4
CO5	Nutrition in Adult and Elderly	K2, K3, K4

Knowledge level: K1 – Remember, K2-Understand, K3- Apply, K4-Analyse.

MAPPING WITH PO

COS	PO1	PO2	PO3	PO4	PO5
CO1	S	M	M	M	S
CO2	S	M	M	M	S
CO3	S	M	M	M	S
CO4	S	M	M	M	S
CO5	S	M	M	M	S

S-Strong; M-Medium, L- Low

UNIT-I   **12 Hours**

Recommended allowances–RDA for Indians 2020, basis for requirement, computation of allowance based on energy expenditure, components of energy expenditure. General concepts about growth and development through different stages of life.

UNIT-II   **12 Hours**

Nutrition in Pregnancy **-**Stages of gestation, maternal weight gain, complications of pregnancy, maternal physiological adjustments, nutritional problems and dietary management, importance of nutrition during and prior to pregnancy, teenage pregnancy – nutritional problems and dietary management, planning a menu.

UNIT-III   **12 Hours**

Nutrition during Lactation -Physiology of lactation, hormonal control and reflex action, efficiency of milk production, problems of breast feeding, nutritional composition of breast milk, nutritional concerns during lactation, special foods during lactation, dietary modification, planning a menu.

Nutrition in Infancy- Infant feeding, nutritional needs, premature infant and their feeding, weaning foods. Feeding problems, infant formulae lactose intolerance, planning menu. Nutrition in Pre-school – Physiological development related to nutrition, feeding problems, behavioural characteristics, nutritional requirement and planning diet.

UNIT-IV   **12 Hours**

Nutrition in school children – feeding school children and factors to be considered. Planning a menu, feeding problems, packed lunch. Nutrition during Adolescence – changes in growth and development, hormonal influences, Age at menarche – factors affecting age at menarche, psychological problems, body image, disordered eating behaviour, nutritional problems, planning a menu.

UNIT-V   **12 Hours**

Nutrition in Adult and Elderly Nutrition and work efficiency, Menopausal and post menopausal women, hormonal changes, nutritional requirement, planning a menu. Physiological changes in aging – Psycho-social and economical factors affecting eating behaviour, social situation, knowledge and belief, institutionalization, common health problems, nutritional requirement, modification in diet, feeding old people.

Distribution of Marks: Theory – 25 (IA) + 75 (univ. exam) = 100 Marks

TEXT BOOKS:

S.NO	AUTHORS	TITLE	PUBLISHERS	YEAR OF PUBLICATION
1	Khanna K, Gupta S, Seth R, Passi SJ, Mahna R, Puri S	Textbook of Nutrition and Dietetics.	Phoenix Publishing House Pvt. Ltd	2013
2	Mahan L K and Escott Stump S	Krause's Food & Nutrition Therapy, 13th ed.	Saunders-Elsevier	2013

REFERENCE BOOKS:

S.NO	AUTHORS	TITLE	PUBLISHERS	YEAR OF PUBLICATION
1	Stacy Nix	William's Basic Nutrition and Diet Therapy, 13th Edition.	Elsevier Mosby	2009
2	Antia F.P. And Philip Abraham	Clinical Nutrition and Dietetics	Oxford Publishing Company.	2001
3	Parikh, S; Sudarshan.R	Human Development and Structural Adjustment	UNPP	1993
4	Suriakanthi, A	A Handbook on Human Development	Kavitha Publications	2005
5	Hurlock,E.B.	Developmental Psychology-A life span approach, 5th Edition,	McGraw Hill Book Co.	1995

WEB SOURCES:

Link:https://www.hkr.se/en/course/NL401G/course-syllabus