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Department of Home Science **Semester – II**

B.A (Prog.) with Nutrition and Health Education (NHE)

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B.A (Prog.) with Nutrition and Health Education (NHE) as Major
Category-II

DISCIPLINE SPECIFIC CORE COURSE – DSC-3-NHE: DIET PLANNING THROUGH
THE LIFE SPAN

Course Title & Code	Credits	Credit distribution of the course			Eligibility Criteria	Prerequisite of the course
		Lecture	Tutorial	Practical/ Practice		
Diet Planning Through the Life Span	4	3	-	1	Class XII Pass	DSC-1-NHE and DSC-2-NHE

Learning Objectives:

1. To introduce students to the basic concepts of meal planning.
2. To equip them with knowledge of physiological changes, nutritional requirements, nutritional concerns and healthy food choices during the life cycle.

Learning Outcomes:

After completion of the course, the students will be able to:

1. Describe physiological changes and nutritional requirements across the lifespan.
2. Understand the factors affecting meal planning.
3. Understand the importance of food exchange list and use them for meal planning.
4. Plan and prepare balanced meals and nutritious snacks for various age groups.

SYLLABUS OF DSC-3

Theory:

Unit 1: Nutrient Requirements and Recommendations

(5 Hours)

- *Unit Description:* This unit will introduce the concept of dietary reference intake.
- *Subtopics:*
 - Nutrient requirement - concept and background
 - Dietary reference intake
 - EAR and RDA
 - Reference man and reference woman

Unit 2: Fundamentals of Menu Planning

(6 Hours)

- *Unit Description:* This unit will introduce essential requirements for planning of meals.
- *Subtopics:*
 - Introduction and use of food exchange list
 - Concept and importance of meal planning
 - Factors affecting meal planning

Unit 3: Nutrition during Childhood

(16 Hours)

- *Unit Description:* This unit will introduce nutritional requirement, physiological changes, nutritional concerns and healthy eating practices during childhood.
- *Subtopics:*
 - Infancy
 - Preschoolers
 - School- going children
 - Adolescents

Unit 4: Nutrition during Adulthood and Old Age

(18 Hours)

- *Unit Description:* This unit will introduce nutritional requirement, physiological changes, nutritional concerns and healthy food choices during adulthood and old age.
- *Subtopics:*
 - Adulthood
 - Pregnancy
 - Lactation
 - Old age

Practical:

Unit 1: Introduction to Meal Planning

(10 Hours)

- *Subtopics:*
 - Use of comprehensive food exchange list in meal planning
 - Meal distribution and menu planning
 - Nutrient calculations

Unit 2: Planning and Preparation of Diets/Dishes/Snacks

(20 Hours)

- *Subtopics:*
 - Infant- complementary feeding
 - Preschooler child
 - School aged child
 - Adolescent
 - Adult
 - Pregnant and lactating woman
 - Elderly

Essential/recommended readings:

1. Chadha, R., & Mathur, P. (2015). *Nutrition: A life cycle approach*. Delhi: Orient Blackswan.
2. Sethi, P., & Lakra, P. (2015). *Aahar Vigyan, Poshan Evam Suraksha*. Delhi: Elite Publishing House Pvt. Ltd.
3. Mudambi, S. R., & Rajagopal M. V. (2012). *Fundamentals of food, nutrition and diet therapy* (6th ed.). Delhi: New Age International (P) Ltd.
4. Siddhu, A., Bhatia, N., Singh, K., Gupta, S. (Eds.). (2017). *Lady Irwin College Technical series 6: Compilation of food exchange list*. Delhi: Global books organisation.
5. Puri, S. et al (2020). *Food exchange list- A tool for meal planning*. New Delhi: Elite publishing house.
6. Longvah, T. et al (2017). *Indian food composition tables*. Hyderabad, Telangana: National Institute of Nutrition.

Suggested readings:

1. Wardlow, G. M., & Hampl, J. S. (2019). *Perspectives in nutrition*. (11th ed.). New York, NY: McGraw Hill.
2. Khanna, K. et al. (2013). *Textbook of nutrition and dietetics*. Delhi: Elite Publishing house (P) Ltd.
3. Shubhangini, A., & Joshi, S. (2021). *Nutrition and Dietetics* (5th ed.). McGraw Hill Education (India) Private Limited. ISBN: 978-93-90727-82-7.
4. Edelstein, S., & Sharlin, J. (Eds). (2009). *Life cycle nutrition – an evidence based approach* Burlington, MA: Jones and Barlett Publishers.

DISCIPLINE SPECIFIC CORE COURSE – DSC-4-NHE: DIETARY GOALS AND GUIDELINES FOR INDIANS

Credit distribution, Eligibility and Pre-requisites of the Course

Course Title & Code	Credits	Credit distribution of the course			Eligibility Criteria	Prerequisite of the course
		Lecture	Tutorial	Practical/ Practice		
Dietary Goals and Guidelines for Indians	4	3	1	-	Class XII Pass	NIL

Learning Objectives:

1. To introduce the concept of nutritionally adequate diets and healthy lifestyles from conception

till old age.

2. To equip the students with the knowledge of dietary goals and guidelines for Indians relating to nutritional requirements, deficiency diseases and chronic diet-related disorders.

Learning Outcomes:

After completion of the course, the students will be able to:

1. Describe food groups, food pyramid and the concept of a balanced diet.
2. Understand the physiological changes throughout the lifespan.
3. Acquaint themselves with the dietary goals and dietary guidelines for Indians across the life cycle.

SYLLABUS OF DSC-4

Theory:

Unit 1: Basic Concepts of Food (9 Hours)

- *Unit Description:* This unit will introduce various food groups, concept of balanced diet, food pyramid and other aspects regarding diet.
- *Subtopics:*
 - Food groups: basic classification and nutritional contribution
 - Food pyramid
 - Balanced diet and My food plate
 - Food facts, fads and fallacies

Unit 2: Dietary Guidelines I (15 Hours)

- *Unit Description:* This unit will introduce basic dietary goals for healthy living and dietary guidelines.
- *Subtopics:*
 - Dietary goals
 - Guidelines to ensure nutritional adequacy and prevent deficiency diseases
 - Guidelines related to various stages of life

Unit 3: Dietary Guidelines II (13 Hours)

- *Unit Description:* This unit will introduce dietary guidelines to deal with health concerns and healthy food practices.
- *Subtopics:*
 - Guidelines to maintain an ideal body weight and prevent chronic diet-related disorders
 - Guidelines regarding food-related practices

Unit 4: Practical Application of Dietary Guidelines (8 Hours)

- *Unit Description:* This unit will introduce practical aspects with suitable examples

to attain all dietary guidelines for Indians.

- *Subtopics:*

Sample eating patterns/ menus for the following meals/ snacks:

- Breakfast
- Lunch/packed lunch
- Dinner
- Snacks

Essential/recommended readings:

1. Damyanthi, K. et al. (2011). *Dietary guidelines for Indians- A manual*. (2nd ed.) Hyderabad. National Institute of Nutrition.
2. Chadha, R., & Mathur, P. (2015). *Nutrition: A life cycle approach*. Delhi: Orient Blackswan.
3. Agarwal, A., & Udipi. S. (2014). *Textbook of human nutrition*, Jaypee Brothers Medical Publishers (P) Ltd, New Delhi.
4. Sethi, P., & Lakra, P. (2015). *Aahar Vigyan, Poshan Evam Suraksha*. Delhi: Elite Publishing House Pvt. Ltd.

Suggested readings:

1. Mudambi, S. R., & Rajagopal M. V. (2012). *Fundamentals of food, nutrition and diet therapy* (6th ed.). Delhi: New Age International (P) Ltd.
2. Wardlow, G. M., & Hampl, J. S. (2019). *Perspectives in nutrition*. (11th ed.). New York, NY: McGraw Hill.
3. Shubhangini, A., & Joshi, S. (2021). *Nutrition and Dietetics* (5th ed.). McGraw Hill Education (India) Private Limited. ISBN: 978-93-90727-82-7.
4. Khanna, K. et al. (2013). *Textbook of nutrition and dietetics*. Delhi: Elite Publishing house (P) Ltd.

B.A (Prog.) with Nutrition and Health Education (NHE) as Non-Major
Category-III

DISCIPLINE SPECIFIC CORE COURSE – DSC-4-NHE: DIETARY GOALS AND GUIDELINES FOR INDIANS

Credit distribution, Eligibility and Pre-requisites of the Course

Course Title & Code	Credits	Credit distribution of the course			Eligibility Criteria	Prerequisite of the course
		Lecture	Tutorial	Practical/ Practice		
Dietary Goals and Guidelines for Indians	4	3	1	-	Class XII Pass	NIL

Learning Objectives:

1. To introduce the concept of nutritionally adequate diets and healthy lifestyles from conception till old age.
2. To equip the students with the knowledge of dietary goals and guidelines for Indians relating to nutritional requirements, deficiency diseases and chronic diet-related disorders.

Learning Outcomes:

After completion of the course, the students will be able to:

1. Describe food groups, food pyramid and the concept of a balanced diet.
2. Understand the physiological changes throughout the lifespan.
3. Acquaint themselves with the dietary goals and dietary guidelines for Indians across the life cycle.

SYLLABUS OF DSC-2

Theory:

Unit 1: Basic Concepts of Food

(9 Hours)

- *Unit Description:* This unit will introduce various food groups, concept of balanced diet, food pyramid and other aspects regarding diet.
- *Subtopics:*
 - Food groups: basic classification and nutritional contribution
 - Food pyramid
 - Balanced diet and My food plate
 - Food facts, fads and fallacies

Unit 2: Dietary Guidelines I

(15 Hours)

- *Unit Description:* This unit will introduce basic dietary goals for healthy living and dietary guidelines.
- *Subtopics:*
 - Dietary goals
 - Guidelines to ensure nutritional adequacy and prevent deficiency diseases
 - Guidelines related to various stages of life

Unit 3: Dietary Guidelines II

(13 Hours)

- *Unit Description:* This unit will introduce dietary guidelines to deal with health concerns and healthy food practices.
- *Subtopics:*
 - Guidelines to maintain an ideal body weight and prevent chronic diet-related disorders
 - Guidelines regarding food-related practices

Unit 4: Practical Application of Dietary Guidelines

(8 Hours)

- *Unit Description:* This unit will introduce practical aspects with suitable examples to attain all dietary guidelines for Indians.
- *Subtopics:*

Sample eating patterns/ menus for the following meals/ snacks:

 - Breakfast
 - Lunch/packed lunch
 - Dinner
 - Snacks

Essential/recommended readings:

1. Damyanthi, K. et al. (2011). *Dietary guidelines for Indians- A manual*. (2nd ed.) Hyderabad. National Institute of Nutrition.
2. Chadha, R., & Mathur, P. (2015). *Nutrition: A life cycle approach*. Delhi: Orient Blackswan.
3. Agarwal, A., & Udipi. S. (2014). *Textbook of human nutrition*, Jaypee Brothers Medical Publishers (P) Ltd, New Delhi.
4. Sethi, P., & Lakra, P. (2015). *Aahar Vigyan, Poshan Evam Suraksha*. Delhi: Elite Publishing House Pvt. Ltd.

Suggested readings:

1. Mudambi, S. R., & Rajagopal M. V. (2012). *Fundamentals of food, nutrition and diet therapy* (6th ed.). Delhi: New Age International (P) Ltd.

2. Wardlow, G. M., & Hampl, J. S. (2019). *Perspectives in nutrition*. (11th ed.). New York, NY: McGraw Hill.
3. Shubhangini, A., & Joshi, S. (2021). *Nutrition and Dietetics* (5th ed.). McGraw Hill Education (India) Private Limited. ISBN: 978-93-90727-82-7.
4. Khanna, K. et al. (2013). *Textbook of nutrition and dietetics*. Delhi: Elite Publishing house (P) Ltd.