

Nutrition & Dietics

PROFESSIONAL BACHELOR'S DEGREE STANDARD

UNIT I

a) Food groups - basic 4, 5 and 7 and functional Food groups b) Importance of cooking - Methods - Advantages and disadvantages - physio - chemical changes.

UNIT II

Structure, Composition, nutritive value, selection, processing methods, principles of cooking. i) Cereals ii) Pulses iii) Vegetables and fruits

UNIT III

Structure, composition, Nutritive value, selection, storage, quality, kinds, methods of processing, uses in cookery i) Milk and Milk products ii) Fleshy foods - Meat, Poultry, fish and organ meats iii) Eggs

UNIT IV

a) Beverages - classification - nutritive value and role in diet - Methods of preparation b) Spices and condiments - Commonly used 'Spices and condiments - uses and abuses'.

UNIT V

a) Fats and oils : - Composition, Nutritive value, properties, storage, processing, factors affecting absorption, care during cooking. b) Sugar and Sugar cookery :- Types, Nutritive value, stages in sugar cookery and application in the preparation of Indian sweets.

UNIT VI

Food preservation - Importance of preservation. i) Food spoilage - Types, causes - principles of food preservation. ii) Methods - a) by using sugar iii) Drying and dehydration iv) Refrigeration and freezing v) Canning vi) Pickling vii) Chemical preservatives.

UNIT VII

a) ENERGY:- Energy content of foods, BMR and total energy requirements. b) Carbohydrates, fats and proteins - classification, functions, digestion, absorption and metabolism, requirements, sources and effects of deficiency.

UNIT VIII

a) Vitamins - water and fat soluble vitamins; chemistry, properties, functions, deficiency and toxicity. b) Minerals - Macro and Micro minerals - occurrence, functions, absorption, Sources, requirements, utilization, deficiency and toxicity

UNIT IX

a) Importance and principles of meal planning based on 5 food groups at different income level. b) ICMR Nutritional requirements for different age groups - Infancy, Children, Adolescents, Adults and the aged and Pregnancy and lactation.

UNIT X

a) Nutritional assessment - Methods - Advantages and disadvantages. b) Malnutrition - causes, methods to alleviate malnutrition - importance of nutrition education. c) Feeding programmes in action in State.

UNIT XI

a) Diet Therapy - Definition, concept, principle, classification of therapeutic diets, feeding the patient. b) Dietitian - Role, qualities, types c) Diet counselling.

UNIT XII

Etiology, signs and symptoms, dietary modifications and counselling measures for a) Gastrointestinal

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disorders - Peptic ulcer, diarrhea, constipation, malabsorption syndrome. b) Liver and Gall Bladder: Hepatitis and cirrhosis, hepatic coma, cholelithiasis and cholecystitis. c) Pancreas: Pancreatitis and diabetes mellitus

UNIT XIII

Etiology, signs and symptoms dietary modifications and counselling measures for a) Obesity and underweight b) Cardio-vascular diseases: Hypertension, atherosclerosis, Ischemic heart diseases, cardiac failure c) Renal disorders - nephritis, Nephrosis, Uremia and Renal failure, Renal Stones.

UNIT XIV

a) Diet in allergies, causes, tests, elimination diets. b) Pre-Operative and post operative diets. c) Cancer - causes, dietary modifications, different types of therapy.

UNIT XV

a) Types of catering - Commercial, transport, industrial and Hospital b) Quantity cookery - Selection, Purchasing and storage, standardisation of recipe, portion control, utilisation of left over food.

UNIT XVI

a) Organisation - Types and principles, organisational structure. b) Management - Principles, techniques and leadership and managerial abilities - Tools of management.

UNIT XVII

Personnel Management - Selection, induction, training and supervision, motivation and performance appraisal, legal aspects of catering.

UNIT XVIII

a) Cost control - Principles and methods of food cost control b) Sanitation and safety; Significance, health care measures - in preparation and service and for service personnel, safety measures in food service.

UNIT XIX

a) Art in food service - Design, selection, structural and decorative, Elements and principles of design, their application in food service institutions. b) Colour - Colour schemes. c) Flower arrangements - Types and styles d) Table service - Styles - Indian, Western and oriental.

UNIT XX

a) Food plant - Layout, different work centres, Lighting, ventilation and Pest control. b) Equipment i) Major and Minor equipments, for food storage, preparation, service and cleaning. ii) Their selection, arrangement, use, care and maintenance.