



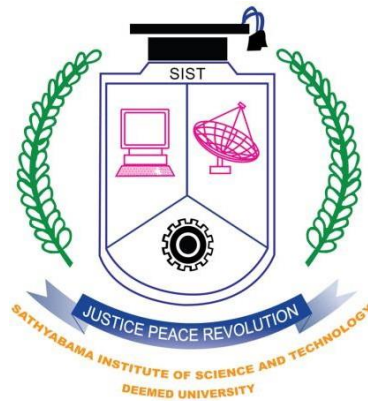
SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY
(DEEMED TO BE UNIVERSITY)

Accredited "A" Grade by NAAC | 12B Status by UGC | Approved by AICTE

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**SCHOOL OF ALLIED HEALTH SCIENCES
DEPARTMENT OF CLINICAL NUTRITION & DIETETICS**



**CRITERION 1.1.3
2019 Regulations**

PROGRAMME: B.Sc
CLINICAL NUTRITION & DIETETICS
CURRICULUM 2019

YEAR – 2										
Sl. No.	Course type	Course code	Course title	L	T	P	C	Marks		Page No.
								CA E	ESE	
1	Theory	SACA1301	Basic Dietetics	3	0	0	5	50	50	22
2	Theory	SACA1302	Family Meal Management	3	0	0	5	50	50	24
3	Theory	SACA1303	Food Microbiology	3	0	0	5	50	50	26
4	Theory	SACA1304	Food Science	3	0	0	5	50	50	28
5	Theory	SACA1305	Personnel Management	3	0	0	5	50	50	30
6	Practical	SACA2301	Basic Dietetics Lab	0	0	3	2	50	50	32
7	Practical	SACA2302	Family Meal Management Lab	0	0	3	2	50	50	33
8	Practical	SACA2303	Food Microbiology Lab	0	0	3	2	50	50	34
9	Practical	SACA2304	Food Science Lab	0	0	3	2	50	50	35
10	Practical	SACA2305	Personnel Management Lab	0	0	3	2	50	50	36
11	Practical	S736ACT	Clinical Training	0	0	5	10		100	37
Total Credits for II YEAR =				45						
Total Marks for II YEAR =				1100						

L – LECTURE HOURS, T – TUTORIAL HOURS, P – PRACTICAL HOURS,

C – CREDITS CAE – CONTINUOUS ASSESSMENT EXAMINATION,

ESE – END SEMESTER EXAMINATION,

YEAR - 3										
Sl. No.	Course type	Course code	Course title	L	T	P	C	Marks		Page No.
								CAE	ESE	
1	Theory	SACA1501	Advanced Dietetics	4	0	0	5	50	50	38
2	Theory	SACA1502	Community Nutrition	4	0	0	5	50	50	40
3	Theory	SACA1503	Dietetics & Counselling	4	0	0	5	50	50	42
4	Practical	SACA2501	Advanced Dietetics Lab	0	0	3	3	50	50	44
5	Practical	SACA2502	Community Nutrition Lab	0	0	3	3	50	50	45
6	Practical	SACA2503	Dietetics & Counselling Lab	0	0	3	3	50	50	46
7	Project	S736APROJ	Project			8	18		100	47
Total Credits for III YEAR = 42										
Total Marks for III YEAR = 700										

SACA1301	BASIC DIETETICS	L	T	P	Credits	Total
		3	0	0	5	100

Course Objectives:

- To impart basic knowledge in the field of dietetics
- To develop capacity and aptitude for taking up dietetics as a profession.

Unit I

Role of dietician: The hospital & community, Basic concepts of diet therapy, Principles of diet therapy & therapeutic nutrition for changing needs. It should cover all age groups, Adaptation of normal diet for changing needs.

Unit II

Routine hospital diets - Regular diet, light diet, full liquid and tube feeding, Modification of diet - Febrile conditions, infections and surgical conditions.

Unit III

Diets for gastro - intestinal disorders, constipation, diarrhoea, peptic ulcer. Diet for renal diseases - Nephritis, Nephrotic syndrome and renal failure.

Unit IV

Diet for obesity and cardiovascular disorders, Diet for Diabetes mellitus.

Unit V

Nutrition in cancer, Nutrition in Immune system dysfunction, AIDS & Allergy.

Unit VI

Nutrition support in metabolic disorders, Nutrition in burns and surgery.

Unit VII

Nutrition - Addictive behaviour in anorexia, nervosa, bulimia & alcoholism, Nutrient drug interaction.

Unit VIII

Feeding the patients - Psychology of feeding the patient, assessment of patient needs, Feeding infants & children - problems in feeding children in hospitals, Nutrition & diet clinics - Patients checkup and dietary counseling, educating the patient and follow up.

Course Outcomes:

On completion of the course, students will be able to

CO1 Understand the basic principles of diet and diet therapy

CO2 Acquire the skills and techniques involved in the planning and preparation of therapeutic diets for various ailments

CO3 Apply the principles of diet for the management of metabolic diseases

CO4 Understand the role of nutrition in human life

CO5 Understand novel and innovative food sciences and emerging technologies

CO6 Develop skills in planning, calculating, modifying the nutrient requirements and in preparation of therapeutic diets

Text / Reference books

- 1) Srilakshmi B (2005) Dietetics. New Age International Publishers, New Delhi
- 2) Williams' Essentials of Nutrition and Diet Therapy – 23 December 2014 by Eleanor Schlenker PhD RD, Joyce Ann Gilbert
- 3) Fundamentals of Foods, Nutrition and Diet Therapy Paperback – 1 January 2020 by Sumati R. Mudambi
- 4) Bappco Advanced Text Book on Food and Nutrition Volume 2nd By Dr. M. Swaminathan
- 5) Joshi SA(2017): Nutrition and Dietetics, 4th Ed. Tata McGraw Hill Publications, New Delhi
- 6) Hutchison, R(2010) Food and the Principles of Dietetics, Kessinger Publishing, LLC

END SEMESTER EXAMINATION QUESTION PAPER PATTERN

Max. Marks: 100

PART A: 10 Questions – 2 marks each – No choice

PART B: Short Answers – 5 Questions 8 marks each – 5 out of 8

PART C: Long Answers – 2 Questions 20 marks each – 2 out of 3

Exam Duration: 3Hrs

20 Marks

40 Marks

40 Marks

SACA1302	FAMILY MEAL MANAGEMENT	L	T	P	Credits	Total
		3	0	0	5	100

Course Objectives:

- Learn the principles of meal planning.
- Acquire knowledge on planning meals for different age groups

Unit I Introduction to meal management - balanced diet, food groups & the planning of balance diet, Food guides for selecting adequate diet.

Unit II Diet therapy, Diet & stress in current scenario, Meal planning for the family, Indian meal patterns - vegetarian & non-vegetarian.

Unit III Nutritive value of common Indian recipes Food faddism & the faulty food habits

Unit IV Nutrition in pregnancy - Physiological stages of pregnancy, nutritional requirements. food selection, complication of pregnancy, Nutrition during lactation - Physiology of lactation, nutritional requirements

Unit V Nutrition during infancy - growth & development, nutritional requirements, breast feeding, infant formula, introduction of supplementary foods.

Unit VI Nutrition during early childhood (Toddler/Preschool)- Growth & nutrient need, nutrition related problems, feeding patterns.

Unit VII Nutrition of school children- Nutritional requirement, importance of snacks, school lunch, Nutrition during adolescence - Growth & nutrient needs, food choices, eating habits, factor influencing needs.

Unit VIII Nutrition during adult hood - Nutritional requirements, feeding pattern, Geriatric nutrition: Factors affecting food intake and nutrient use, nutrient needs, nutrition related problems.

Course Outcomes:

On completion of the course, students will be able to

CO1 Understand the need of balanced diet and selection of adequate diet

CO2 Apply meal planning to family, and diet to therapy

CO3 Analyse the nutritive values of Indian recipes eliminating faulty food habits

CO4 Identify the physiology and nutritional needs of pregnancy and lactation

CO5 Differentiate between the nutrition during infancy, early childhood and school period

CO6 Recommend appropriate meal plan for adults and aged avoiding nutrition related problems

Text / Reference books

1. Swaminathan, M (2002) Food and Nutrition, Volume I, The Bangalore Printing and Publishing Company Ltd
2. Textbook Of Human Nutrition Paperback – 12 September 2014 by Anjana Agarwal
3. Recommended Dietary Intakes for Indians, I.C.M.R.(2010)
4. Mahan LK and Escott-Stump S(2007): Krause's Food and Nutrition Therapy. 12th Ed. WB Saunders Company, London
5. Begum RM (2009): A textbook of Food, Nutrition and Dietetics, 3rd Ed. Sterling Publishers, New Delhi
6. Anderson L, Dibble MV, Turkki PR, Mitchall HS, and Rynbergin HJ: Nutrition in Health and Disease, 17th Ed. J. B. Lipincott& Co. Philadelphia
7. Gibney, M.J, Elia M Ljingquist. O (2005), Clinical Nutrition, Backwell Science Publishing Co.

END SEMESTER EXAMINATION QUESTION PAPERPATTERN

Max. Marks: 100

PART A:10 Questions – 2 marks each – No choice

PART B: Short Answers – 5 Questions 8 marks each – 5 out of 8

PART C: Long Answers – 2 Questions 20 marks each – 2 out 3

Exam Duration: 3Hrs

20 Marks

40 Marks

40 Marks

SACA1303	FOOD MICROBIOLOGY	L	T	P	Credits	Total
		3	0	0	5	100

Course objectives:

- This course aims on studying interaction of microorganisms and food in relation to food-borne— diseases, food spoilage and fermented dairy products
- The purpose of this course is to make students to learn about the microorganisms and their relationship to agriculture and environment

Unit I Microbes in Food

Food as a substrate for micro organisms -.Micro organisms important in food microbiology; Moulds, yeasts and bacteria

- General Characteristics - Classification and importance.

Unit II Food Preservation by high temperature

Principles of food preservation - Asepsis - Removal of micro organisms, anaerobic conditions - High temperature –

Unit III Food Preservation by low temperature & other

methods Principles of food preservation, Low temperature -

Drying - Food additives

Unit IV Contamination & Spoilage of Food

Contamination and spoilage- Cereals, sugar products, vegetables and fruits,

Unit V Contamination& Spoilage of Meat & Milk products

meat and meat products, milk and milk products – Fish and sea foods – poultry, spoilage of canned foods.

Unit VI Food borne disease and quality control

Food borne infections and intoxications - bacterial, non -bacterial - Food borne disease outbreaks - Laboratory testing

- preventing measures - Food sanitation - plant sanitation - Employees' health standards - waste treatment and disposal

- quality control.

Unit VII Fermented food products

Food fermentation: Bread cheese, vinegar, fermented vegetables, fermented dairy products.

Spoilage and defects of fermented dairy products – oriental fermented foods.

Unit VIII Soil& environmental microbiology

Environmental microbiology: Water and water borne diseases. Air and air borne diseases..Soil borne diseases. Microbial interactions between microorganisms, plant and soil.Sewage treatment primary, secondary, tertiary treatment

Course Outcomes:

On completion of the course, students will be able to

CO1 Identify the important pathogens and spoilage microorganisms in foods and the conditions under which they will grow

CO2 Identify the conditions under which the important pathogens are commonly inactivated, killed or made harmless in food

CO3 Understand the principles involving food preservation via fermentation processes

CO4 Understand the role and significance of microbial inactivation, adaptation and environmental factors

CO5 Know the spoilage and deterioration mechanisms in foods and methods to control deterioration and spoilage.

CO6 Understand the principles that make a food product safe for consumption and practices of cleaning and sanitation in food processing operations

Text / Reference Books

1. Adams MR and Moss MO. (1995). Food Microbiology, The Royal Society of Chemistry, Cambridge.
2. Andrews AT, Varley J. (1994) Biochemistry of milk products. Royal Society of Chemistry.
3. Banwart GJ. (1989), Basic food microbiology, Chapman & Hall, New York
4. Frazier WC and Westhoff DC. (1988) Food microbiology, TATA McGraw Hill Publishing Company Ltd. New Delhi
5. Hobbs BC and Roberts D. (1993) Food poisoning and food hygiene, Edward Arnold (A division of Hodder and Stoughton), London.
6. Atlas Ronald, M., Bartha, and Richard (1987). Microbial Ecology 2nd Edition. Benjamin/Cummings Publishing Company, California.
7. SubbaRao, N.S. (1995) Soil Microorganisms and Plant Growth. Oxford & IBH Publishing Co. Pvt. Ltd., New Delhi.

END SEMESTER EXAMINATION QUESTION PAPER PATTERN

Max. Marks: 100

PART A: 10 Questions – 2 marks each – No choice

PART B: Short Answers – 5 Questions 8 marks each – 5 out of 8

PART C: Long Answers – 2 Questions 20 marks each – 2 out of 3

Exam Duration: 3Hrs

20 Marks

40 Marks

40 Marks

SACA1304	FOOD SCIENCE	L	T	P	Credits	Total
		3	0	0	5	100

Course Objectives:

- To impart knowledge on the classification of food groups, composition and nutritive value of different food ingredients.
- To understand the role of each food group in cookery

Unit I

Cereal- Structure and composition, Nutritional value, Processing- Milling, polishing. Parboiling, flaking, parching, roasting, use in variety of preparations selection, storage and care, breakfast cereals.

Unit II

Pulses, composition and nutritional value, processing, soaking, germination, Cooking and fermentations: Toxic constituents of pulses, Lathyrism

Unit III

Nuts and oil seeds: Nutritive value, importance & classification, Milk and milk products, Composition of milk, properties and effect of heat, nutritional importance, milk processing, milk products.

Unit IV

Flesh foods- selection, storage, uses and nutritional aspects of meat, fish and poultry, spoilage of fish.

Unit V

Fruits and vegetables: Classifications, composition and importance in human nutrition storage, cooking of vegetables, changes during cooking, effect of heat, acid and alkali.

Unit VI

Sugar and Sugar products (a) Form of sugar and liquid sweetness (b) Caramelization, Hydrolysis, Crystallization (c) Indian confectionery, Beverages: Coffee, tea, and cocoa, processing composition and preparation, spices and condiments, types and composition.

Unit VII

Fats and oils: Types, role of fat in cookery, Egg - composition & classification of egg & egg products, its nutritive value.

Unit VIII

Baking - Types of bake products & its nutritive value, Role of spices in food science - Importance, composition & classification

Course Outcomes:

On completion of the course, students will be able to

CO1 Understand basic composition & structure of food grains

CO2 Learn processing of food grains into value added products

CO3 Acquire knowledge of physical, biological and chemical makeup of food and its components

CO4 Understand the compositional and technological aspects of meat, egg, milk and fish

CO5 Understand the importance of fruits and vegetable in daily usage and its different processing methods

CO6 Understand processing of various spices, tea, coffee and cocoa

TEXT / Reference Books

1. Srilakshmi B, Food Science, Sixth Edition, New Age International Ltd Publishers, New Delhi, 2015
2. Manay S and Swamy S, Food Facts and Principles, New Age International (P) Ltd Publishers, New Delhi, 2001.
3. Reddy SM, Basic Food science and Technology, New Age Publishers, New Delhi, 2015
4. Lowe B, Experimental cookery from chemical and physical stand point, Forgotten books, UK, 2015
5. Potter NM and Hotchkiss JH, Food Science, C.B.S. Publishers, New Delhi, reprint 2008
6. Roday S, Food science and Nutrition, Oxford university press, New Delhi, 2007
7. McCance and Widdowson, Composition of food, 6th Edition, Food Standards Agency, 2004
8. Subramani A, Concise Food Science, Soundarya Publications, 1998

END SEMESTER EXAMINATION QUESTION PAPER PATTERN

Max. Marks: 100

PART A: 10 Questions – 2 marks each – No choice

PART B: Short Answers – 5 Questions 8 marks each – 5 out of 8

PART C: Long Answers – 2 Questions 20 marks each – 2 out of 3

Exam Duration: 3Hrs

20 Marks

40 Marks

40 Marks

SACA1305	PERSONNEL MANAGEMENT	L	T	P	Credits	Total marks
		3	0	0	5	100

Course Objectives:

- To understand the Management and system at various levels in general and in certain specific organizations
- To help the students focus on and analyse the issues and strategies required to select and develop manpower resources.

Unit I Organization and management, Definition and types of organization, Definition- functions and tools of management, Technique of effective management and its application to food preparation and science.

Unit II Food material management, Meaning, definition, and importance, Food selection, purchasing, receiving and store room management.

Unit III Control in relation to the operations (material planning, budgeting, material identification, modification and standardization, inventory control, store keeping, definition, objectives, functions, factors underlying successful storekeeping, duties and responsibilities of a storekeeper, purchasing, organization, principle, procedure, systems and quality control).

Unit IV Personnel Management: Recruitment, selection and training of personalities, work standards, productivity, supervision, performance appraisal and motivation incentives for effective performances.

Unit V Labour policies and legislation: (Personnel policies related to salaries, other emoluments, allowances, leave, uniform and other prize benefit, laws and organization)

Unit VI Laws affecting food service institution to study the following: (hospital, flight kitchen, hotel, restaurant, canteen, Industrial)

Unit VII a. Organization b. Physical plan and layout. c. Food and silver equipment

Unit VIII Sanitation and hygiene with personal emphasis on Hospital.

Course Outcomes:

On completion of the course, students will be able to

- CO1** Understand the principles and tools of management for techniques of effective food preparation
- CO2** Acquire the special characteristics and its operations of food service
- CO3** Evaluate the quality control techniques for standardization
- CO4** Analyse the Productivity skills in effective management of human in food service establishment
- CO5** Demonstrate the laws and legislation in relation to food service Institution
- CO6** Create components of layout with personal emphasis on hospital

Text / Reference books

1. Organization and Management, R.D. Agarwal, Tata McGraw-Hill Education
2. Human Resource Management by Dr. Roy Anvari
3. Personnel Management, C. B. Mamoria, Himalaya Publishing House
4. Rutherford, D.G. Hotel Management and operation, van Nostrand Reinhold. 115, fifth Avenue, New York, 10003, 2010.

5. West. B.B. Wood L., Harger, V.F. (2005) Food Service Institutions, JohnWiley and sons, Inc., NewYork, V Ed
6. Waighrich, H. and Koontz, H (2000) Management – a global perspective. McGraw Hill. International

END SEMESTER EXAMINATION QUESTION PAPER PATTERN

Max. Marks: 100

PART A: 10 Questions – 2 marks each – No choice

PART B: Short Answers – 5 Questions 8 marks each – 5 out of 8

PART C: Long Answers – 2 Questions 20 marks each – 2 out of 3

Exam Duration: 3Hrs

20 Marks

40 Marks

40 Marks

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SACA1501	ADVANCED DIETETICS	L	T	P	Credits	Total
		4	0	0	5	100

Course Objectives

- To know the importance and principles of dietetics as a distinct therapy for diseases.
- Gain knowledge on the types and role of dietitians.

Unit I

Concept of Diet therapy: growth and source of dietetics, purpose and principles of therapeutic diets, modification of normal diet, classification of therapeutic diets.

Unit II

Role of Dietician: Definition of nutritional care, interpersonal relationship with patient, planning and complementary dietary care, Team approach to nutritional care.

Unit III

Routine hospital diets: Preoperative and postoperative diets, study and review of hospital diet. Basic concepts and methods of - (a) Oral feeding (b) Tube feeding (c) Parental nutrition (d) Intravenous feeding.

Unit IV

Diet in surgical conditions, burns and cancer, Obesity and leanness- causes, complication and health effects, dietary treatment and other recommendation, Diet in fever and infections- Types- metabolism in fever, general dietary consideration diet in influenza, typhoid fever, recurrent malaria and tuberculosis.

Unit V

Diet in gastritis, peptic ulcer- symptoms, clinical findings, treatment, dietary modification, adequate nutrition, amount of food, and intervals of feeding, Chemically and mechanically irrigating foods, four stage diet (Liquid, soft, convalescent, liberalized diet), Diet in disturbances of small intestine and color. • Diarrhoea- (child and adult)- classification, modification of diet, fibre, residue. Fluids & nutritional adequacy. • Constipation- flatulence - dietary considerations. • Ulcerative colitis (adults)- symptoms, dietary treatment. • Spruce, coeliac disease- disaccharide intolerance, dietary treatment.

Unit VI

Diet in diseases of the liver, gall bladder and pancreas, a) Etiology, symptoms and dietary treatment in - Jaundice, hepatitis, cirrhosis and hepatic coma. b) Role of alcohol in liver diseases. c) Dietary treatment in cholecystitis, cholelithiasis and pancreatitis, Gout- Nature and occurrence of uric acid, causes, symptoms and diet.

Unit VII

Diet in allergy and skin disturbances: Definition, classification, manifestations, common food allergies and test and dietic treatment, Diet in Diabetes mellitus: a) Incidence and predisposing factors. b) Symptoms-types and tests for detection. c) Metabolism in diabetes d) Dietary treatment & meal management e) Hypoglycemic agent, insulin and its types. f) Complication of diabetes.

Unit VIII

Diet in Renal diseases: Basic renal function, symptoms and dietary treatment in acute and chronic glomerulonephritis, Nephrosis, renal failure, dialysis. urinary calculi-causes & treatment, acid and alkali producing and neutral foods and dietary treatment, Diet in Cardiovascular diseases: Role of nutrition in cardiac efficiency, incidence of Atherosclerosis, dietary principles, Hyperlipidemia, Hypertension- causes and dietary treatment, Sodium restricted diet, level of sodium restriction, sources of sodium, danger of severe sodium restriction.

Course Outcomes:

On completion of the course, students will be able to

- CO1** Interpret and apply nutrition concepts to evaluate and improve the nutritional health of individuals with medical conditions
- CO2** Integrate knowledge and skills in food and nutrition with issues affecting the nutrition and/or dietetics field
- CO3** Apply principles and theories of management to the administration of human, physical and financial resource in food and nutrition services
- CO4** Utilize advanced principles of health literacy, including critical thinking skills, literature searches, data collection and interpretation
- CO5** Apply counseling methods to patients with different diseases
- CO6** Utilize basic nutrition knowledge and the dietary guidelines for making food choices that will promote optimal health

Text / Reference books

1. Modern Nutrition in Health & Disease – Eds – Maurice E. Shils, James A. Olson, 2012.
2. Clinical Dietetics and Nutrition – F P Antia and Philip Abraham, 2002.
3. Nutrition and Metabolism – Michael J. Gibney, Marinos Elia, Olle Ljungqvist, Julie Dowsett (Eds.) Nutrition Society Textbook series, Blackwell Publishers, 2005
4. Nutrition Science – B Sri Lakshmi, New Age International Publishers, 2017.
5. Normal and Therapeutic Nutrition – Robinson & Lawler, 17th edition, Mac Millan Publishers, 2001.
6. Text Book of Human Nutrition – Mahtab S Bamji, N Prahlada Rao, Vinodini Reddy, 2nd edition, Oxford & IBH Publishing Co. Pvt. Ltd, 2003.

END SEMESTER EXAMINATION QUESTION PAPER PATTERN

Max. Marks: 100

PART A: 10 Questions – 2 marks each – No choice
 PART B: Short Answers – 5 Questions 8 marks each – 5 out of 8
 PART C: Long Answers – 2 Questions 20 marks each – 2 out of 3

Exam Duration: 3Hrs

20 Marks
 40 Marks
 40 Marks

SACA1502	COMMUNITY NUTRITION	L	T	P	Credits	Total marks
		4	0	0		

Course Objectives:

- To list the basic goals of a community assessment.
- To describe how a community assessment can be conducted including specification of the types of data that are relevant.

Unit I Nutrition and health in National development, Malnutrition- meaning, factors contributing to malnutrition, over nutrition.

Unit II Nutritional disorders- Epidemiology, clinical features, prevention and dietary treatment for Protein Energy malnutrition, nutritional anaemias & vitamin deficiency disorders.

Unit III Methods of assessing nutritional status: a) Sampling techniques, Identifications of risk groups, b) Direct assessment - Diet surveys, anthropometric, clinical and biochemical estimation. c) Indirect assessment- Food balance sheet, ecological parameters and vital statistics.

Unit IV Improvement of nutrition of a community: a) Modern methods of improvement or nutritional quality of food, food fortification, enrichment and nutrient supplementations. b) Nutrition education themes and messages in nutrition and health, Antenatal and postnatal care.

Unit V Nutritional and infection relationship: Immunization and its importance.

Unit VI Food borne infection and intoxication diseases, foods involved, methods of prevention, Infestation of food borne diseases, Outbreak, Prevention signs and control of infection.

Unit VII National and International agencies in uplifting the nutritional status -WHO, UNICEF, CARE, ICMR, ICAR, CSIR, CFTRI. Various nutrition related welfare programmes, ICDS, SLP, MOM, and others

Unit VIII Community nutrition programme planning - Identification of problem, analysis of causes, resources constraints, selection of interventions, setting a strategy, implementations and evaluation of the programme

Course Outcomes:

On completion of the course, students will be able to

CO1 Able to interpret and apply nutrition concepts to evaluate and improve the nutritional health of communities

CO2 Plan a community intervention based upon a needs assessment

CO3 Advocate for a public policy related to nutrition programs or health care

CO4 Provide nutrition counseling and education to individuals, groups, and communities throughout the lifespan using a variety of communication strategies

CO5 Provide culturally competent nutrition services for individuals and communities

CO6 Competence in the skills of assessment, planning, management and evaluation of food service, nutrition and dietetic services in institutional food, community nutrition, and clinical dietetics settings

Text / Reference books

1. Park K(2017): Textbook of Preventive and Social Medicine,24th Ed. BanarsidasBhanot Publishers.
2. King MH, King PMA, Morley D and AP Burgess(2015):Nutrition for Developing Countries, ELBS Oxford University Press.
3. SeshubabuVVR(2011): Review in Community Medicine, 2nd Ed, Paras Medical Books Pvt Ltd.
4. Mahajan BK, Roy RN ,Saha I, Gupta, MC (2013):Text book of Preventive and Social Medicine, 4th Ed. Japee Brothers.
5. VirSC(2011): Public Health Nutrition in Developing Countries, Woodhead Publishing India.
6. Bamji MS, Krishnaswamy K and Brahmam GNV(2017): Textbook of Human Nutrition , 4th Ed. Oxford & IBH Publishing Co. Pvt. Ltd.

END SEMESTER EXAMINATION QUESTION PAPERPATTERN

Max. Marks: 100

PART A:10 Questions – 2 marks each – No choice

PART B: Short Answers – 5 Questions 8 marks each – 5 out of 8

PART C: Long Answers – 2 Questions 20 marks each – 2 out 3

Exam Duration: 3Hrs

20 Marks

40 Marks

40 Marks

SACA1503	DIETETICS AND COUNSELLING	L	T	P	Credits	Total marks
		3	0	0	5	100

Course objectives:

- To understand principles of diet therapy, modification of normal diet for therapeutic purposes and the role of dietitian.
- To demonstrate counseling techniques to facilitate behavior change.

Unit I Practical consideration in giving dietary advice and counseling - a) Factors affecting and individual food choice.

b) Communication of dietary advice c) Consideration of behaviour modification d) Motivation.

Unit II Counseling and educating patient: Introduction to nutrition counseling, Determining the role of nutrition counselor, Responsibilities of the nutrition counselor

Unit III Practitioner v/s client managed care, Conceptualizing entrepreneur skills and behavior, Communication and negotiation skills.

Unit IV Teaching aids used by dietitians- charts, leaflets, posters etc., preparation of teaching material for patients suffering from Digestive disorders, Hypertension, Diabetes, Atherosclerosis & Hepatitis and cirrhosis.

Unit V Computer application: Use of computers by dietitian, Dietary computations.

Unit VI Dietetic management, Education/ training, Information storage, Administrations, Research

Unit VII Computer application a) Execution of software packages b) Straight line, frequency table, bar diagram, pie chart, Preparation of dietary charts for patients.

Unit VIII Statistical computation- mean, median, standard deviation, conclusion and regression test.

Course Outcomes:

On completion of the course, students will be able to

CO1 Understand principles of diet therapy

CO2 Realize the roles and responsibilities of a nutrition counselor

CO3 Demonstrate awareness of

counseling techniques **CO4**

Recognise dietetic management,

education/ training **CO5**

Understand principles of diet

therapy and counseling

CO6 ,Familiarize with the teaching aids and software tools used by dietitians in counseling

Text / Reference books

1. Nutrition in clinical Practice – David L. Katz, Lippincott, Williams & Wilkins, 2008.
2. Clinical Dietetics and Nutrition – F P Antia and Philip Abraham, 2002.
3. Perspectives in Nutrition – WardlawKessel, McGraw Hills, 2001
4. Food, Nutrition and Diet Therapy – Kathleen Mahan & Krause, Sylvia Escott Stump, 2003
5. Clinical Nutrition – Ed Michael J Gibney, MarinosElia, OlleLjungqvist and Julie Dowsett, 2012.
6. Basics of Clinical Nutrition, 2nd Edition, Joshi, Jaypee Publishers, 2009.
7. Gable J ,Counselling skills for dieticians Blackwell publishing house, 2016.
8. Computer Fundamentals, P.K. Sinha&PrithiSinha, 2004

END SEMESTER EXAMINATION QUESTION PAPERPATTERN

Max. Marks: 100

Exam Duration:

3Hrs

PART A:10 Questions – 2 marks each – No choice

20 Marks

PART B: Short Answers – 5 Questions 8 marks each – 5 out of 8

40 Marks

PART C: Long Answers – 2 Questions 20 marks each – 2 out 3

40 Marks