

SRI VENKATESWARA UNIVERSITY
B.Sc. DEGREE COURSE
CLINICAL NUTRITION & DIETETICS
III SEMESTER
(Revised Syllabus under CBCS w.e.f. 2021-22)

CN-301 –COMMUNITY NUTRITION

Outcomes of the course:

The students will be able to:

A) Remembers and explain in a systematic way

- Understanding the nutritional problems and nutrition requirements of the community.
- Acquiring knowledge about RDA, food groups, steps in planning a diet.

A) Understanding and Uses

- Planning of nutrition diets according to RDA for different age groups-Infancy to old age and physiological conditions -Pregnancy and lactation
- Different methods of assessing nutritional status -Anthropometry, biochemical, clinical examination and diet survey etc.,

B) Critically explains, judges & Solves

- Preparation of nutritious diets for different age groups meeting the RDA.
- ABCD-techniques for nutritional status assessment.

C) Working in out of prescribed areas

- Planning programs to combat nutritional problems in community.

D) Practical skills

- Planning & Preparation of diets for different age groups
- Calculations of nutritive values of the diets and RDA for different age groups.
- Nutrition education techniques.
- Assessment of nutritional status using ABCD techniques.

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CN-301 – COMMUNITY NUTRITION

Theory: 4Hours/Week

Practicals: 2Hours/Week

THEORY

Unit-I Meal Planning -Nutrition during Adulthood, Pregnancy and Lactation

- Principles of meal Planning, Balanced Diet, Dietary guidelines for Indians
- Nutrition for Adults - Reference man and Reference women- Nutritional requirements for adult man and woman of different physical activities (Sedentary, Moderate and Heavy work).
- Pregnancy –Nutrition and Food requirements- Physiological changes and complications.
- Lactation – Physiology, Nutritional and Food requirements

Unit-II Nutrition during Childhood

- Infancy – Nutritional requirements – Breast feeding and its advantages; Artificial/bottle feeding; Weaning Practices, Supplementary foods.
- Early childhood – Nutritional requirements – RDA, Inculcating healthy eating habits among pre-schoolers
- Late childhood –Nutritional requirements – RDA, Food habits, Importance of breakfast and packed lunch.
- Traditional foods and Junk foods – Impact on health

Unit-III Nutrition during Adolescence and Old age

- **Adolescence**-Nutritional requirements –RDA, Food habits
- Nutritional problems and Eating Disorders- Anorexia and Bulimia.

- **Geriatric Nutrition** – Physiological changes in elderly
- Factors affecting food intake
- Nutrient needs and Requirements
- Nutrition related problems and their diet management

Unit-IV Nutritional Status Assessment

- Assessment of the Nutritional Status of the Community – Need and objectives
- Direct methods – Anthropometry, Biochemical Analysis, Clinical Examination, Diet Surveys, Functional assessment and Biophysical or Radiological examination.
- Indirect methods – Ecological factors and Vital Health Statistics

Unit -V Nutritional Problems, Programs and Education

- Nutrition problems prevalent in India - Under nutrition – PEM and deficiencies of Vitamin A, Iron and Iodine; Over nutrition
- Community Nutrition Programmes to combat malnutrition – Supplementary Feeding Programmes – ICDS, School lunch programme; Prophylactic Programmes to prevent Vitamin A, Iron, Iodine deficiencies
- Role of National and International Organizations in combating malnutrition – NIN, CFTRI, NNMB, WHO, FAO, CARE and UNICEF
- Nutrition Education – Definition, methods used in nutrition education to improve nutritional and health status of people.

PRACTICALS

1. Planning and preparation of a balanced diet for adult man and women.
2. Planning and preparation of a balanced diet for Pregnant and Nursing mother.
3. Planning and preparation of a balanced diet for a Pre School Child.
4. Planning and preparation of a balanced diet during Adolescence.
5. Use of Anthropometric measurements in assessing the nutritional status.
6. Visit to ICDS and Anganwadi -Observation of a mid-day programme at Anganwadi Center.
7. Visit to government school-Observation and Planning of School Lunch Programmes

REFERENCES

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4. Prabha Bisht, Community Nutrition in India, Star Publications, Agra.
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6. Ravinder Chada and Pulkit Mathur, (2015). Nutrition – A Life Cycle Approach, 1st edition, Orient Black Swan.
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11. Suryatapa Das (2018). Textbook of Community Nutrition" 3rd edition, Academic Publishers.
12. Swaminadhan, M. (1985). Essentials of Food and Nutrition Volume I and II ", 2nd edition, The Bangalore Printing and Publishing Co. Ltd., Bangalore

CO- CURRICULAR ACTIVITIES

1. Academic based: -
 - Preparation of charts and posters for Nutrition education
 - Essay writing competitions
 - Group discussions on topics relevant to community nutrition
 - Exhibition on low cost nutritious foods and balanced diet
1. Lab/Research based: -
 - Visit to Anganwadi centre
 - Visit to school lunch programs
 - Visit to village and urban slum area for assessing the nutritional status of rural and urban slum population

2. Value based: -

- Nutrition and Health awareness camp
- Poster and puppet show regarding nutrition education and importance of community participation

3. Celebration of Important Days (National and International): -

- Breast feeding week-August 1to7th
- International Women's day-March 8th
- World Health day-April 7th
- International day of elderly-October 1st

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III-SEMESTER

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CN-301- COMMUNITY NUTRITION

Model Question Paper

Time: 3 hrs.

Max. Marks: 75

Part- A

Answer any five Questions Each question carries 5 Marks

(5x5 = 25 marks)

1. Enumerate the additional requirement of nutrients during lactation period
2. Write a short note on school lunch programme.
3. What is weaning? What are the points to be considered while introducing supplementary foods?
4. What is the importance of breakfast?
5. Write about vital health statistics.
6. Give the nutritional requirements for an adult man and woman doing sedentary work.
7. Expand WHO and UNICEF and write their role in combating malnutrition.
8. Write about the causes and preventive measures of Anaemia.

Part - B

Answer five Questions Each Question carries 10 marks

(5x10= 50 marks)

9. a) Explain the physiological changes of pregnancy and complications?
(OR)
b) Explain the Principles of meal planning

10. a) Discuss the advantages of breast feeding to the infant and mother.
(OR)
b) Give RDA for a preschool child (4-6 years). How do you inculcate healthy eating habits among preschoolers?
11. a) Discuss nutritional problems and eating disorders among adolescents.
(OR)
b) Explain the physiological changes and how they affect food intake during old age.
12. a) What is Diet survey? Discuss different methods of Diet survey.
(OR)
b) What is Anthropometry? Explain anthropometric techniques used to assess the nutritional status of a child?
13. a) What is ICDS? Explain its activities for community in improving the nutritional status
(OR)
b) What is Nutrition Education? How it helps in improving the nutritional status the people?