

3-3-107

SRI VENKATESWARA UNIVERSITY

DEPARTMENT OF HOME SCIENCE

CHOICE BASED CREDIT SYSTEM (C.B.C.S) SYLLABUS AND SCHEME OF EXAMINATION

(WITH EFFECT FROM : 2016-17)

B. Sc.CBCN

Course :B.Sc

Subject : Clinical Nutrition and Dietetic

Second Year – III Semester

PAPER CN 301 - FAMILY NUTRITION

Theory: 4credits/week
Practicals: 3hrs./week

- Unit I : a. Principles of meal planning – balanced diet, (10credits)
dietary guidelines for Indians, food exchange lists.
- b. Nutrition in pregnancy – Physiological changes and complications.
- Unit II : a. Lactation – Physiology of lactation-nutritional (15credits)
needs, feeding the baby.
- b. Nutrition during Infancy – Growth and Development – Requirements – Nutrient needs - Breast feeding, weaning – Introduction to Supplementary foods – Feeding pattern.
- c. Nutrition in preschool age-physiological development and food intake, development of food habits, diet plan.

- Unit III : Nutrition of school children and adolescence – (15credits)
 Growth and Nutrient needs and requirements –
 Food choices – Eating habits, Importance of
 snacks, traditions foods and regional dietary
 patterns.
- Unit IV : Adult – Reference man – Reference women – (12credits)
 Nutrient needs and Requirements during various
 physical activity.(Sedentary, Moderate and Heavy
 work), diet and life style related diseases and their
 prevention.
- Unit V : Geriatric Nutrition – Factors affecting food intake (8credits)
 and nutrient use – Nutrient needs – Nutrition
 related problems, physiological changes in elderly,
 nutritional and health concerns in old age and their
 management.

PRACTICALS

Credits

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| 1. Planning and preparation of a balanced diet for pregnant women. | 2 |
| 2. Planning and preparation of a balanced diet for a Nursing Mother. | 2 |
| 3. Planning and preparation of a balanced diet for a Pre School Child. | 2 |
| 4. Planning and preparation of a balanced diet during Adolescence. | 2 |
| 5. Planning and preparation of a balanced diet for adult man and
women during different physical activities-sedentary, moderate,
heavy worker. | 2 |
| 6. Planning and preparation of a balanced diet for elderly. | 2 |

REFERENCES

1. Srilakahsmi, B., Dietetics, New Age International (P) Ltd., 2000.
2. Swaminadhan, M., 1988, Essentials of Food and Nutrition, Volume I and II, TheBangalore Printing and Publishing Co. Ltd., Bangalore.
3. Guthrie Helen A. and Mary Frances Picciano, 1999, Human Nutrition, WCB Mc. GrawHill, Boston.

I YEAR III SEMESTER
Paper CN 301 – FAMILY NUTRITION
Model Question Paper

Time: 3 hrs.
75

Max. Marks:

Part-A

Answer any FIVE questions.

5x5=25

1. Why lactating mother needs more nutrients? Discuss?
2. What is balanced diet? Discuss.
3. What are old age problems?
4. What care will you take while planning a diet for a pre-school child?
5. Discuss the importance of breast feeding and suggest your comments.
6. Who is reference man and women? How do you suggest nutrient requirements for human body?
7. A balanced diet during pregnancy helps to produce better baby. Discuss.
8. Write about importance of snacks.

Part-B

Answer any FIVE questions.

5x10=50

1. a) Explain the physiological changes of pregnancy and complications?
(Or)
b) Write about Principles of meal planning
2. a) Write about the nutrient requirements for School children.
(Or)
b) Define adolescence and state the Food choices – Eating habits of adolescents.
3. a) Stated the need for inducing weaning food to a infant and give examples for liquid, semi solid and solid weaning foods.
(Or)
b) Write RDA and diet plan for lactating mother

4. a) Write about RDA and nutrition for sedentary women (0-6 months).

(Or)

b) Write about RDA and nutrition for heavy work man.

5. a) Why calories are not required more in aged people? Prescribe a diet.

(Or)

b) Discuss the nutritional and health concerns in old age and their management.