

1. **BASICS OF NUTRITION:** Food as a source of nutrition, dietary recommendations for preschooler school going children, special children, adolescents, adulthood, pregnant & lactating mothers and old age (nutrition through lifecycle). Deficiency disorders and dietary management – PCM, anemia, goiter and vitamin & mineral deficiency. Prevalence of under nutrition and malnutrition in India
2. **NUTRITIONAL EPIDEMIOLOGY:** Assessment of nutritional status – anthropometric measurements– clinical examination dietary survey – malnutrition infection and infestation effect of malnutrition in infancies, pregnant & nursing mothers – Communicable Diseases and Emerging Infections, Non Communicable and Lifestyle Disorders.
3. **LIFESTYLE MANAGEMENT:** Fluid intake, lifestyle related problems, good food Habits, family meal planning, Role of physical activity, resting pattern and postures personal habits – alcoholism, and other tobacco products, electronic addiction etc, peer pressure & procrastination, stress, depression, suicidal tendency.
4. **COMMUNITY NUTRITION:** Community based nutrition education, educative tools, modules, environment, occupational, rural and urban health and nutritional needs, promoting kitchen garden, terrace garden, organic foods, genetically modified foods, promotion of locally available food resources.
5. **NUTRITION SECURITY:** Assessing food and nutrition security – Definition and assessment schedules, National and household food security. Factors affecting food security system. National and International systems to improve food security. Food Safety, Food adulteration, Food additives and preservatives, Food Hazards, Natural toxins.

Execution of a MINI project involving various nutritional assessment methods, report submission.

#### **TEXT BOOKS/ REFERENCES:**

1. B. Sri Lakshmi, **Dietetics**, Seventh Edition, New Age International, 2014.
2. B. Sri Lakshmi, **Food Science**, Sixth Edition, New Age International, 2015.
3. Sumati.R Mudamri and M.V.Rajagopal, **Fundamental of Foods, Nutrition and Diet Therapy**, New Age International, New Delhi, 2008.
4. J E Park and K Park, **Text book of Preventive and Social Medicine**, Banarasi das Bhanod Publisher, Jabalpur, 2011.
5. N Shakuntala Manay and M. Shadaksharaswamy, **Foods Facts and Principles** , New Age International, New Delhi, 2008.
6. C. Gopalan, B.V.Ramasastri and S.C.Balasubramanian, **Nutritive Value of Indian Foods**, National Institute of Nutrition, Indian Council of Medical Research, Hyderabad, 2014.