

Serampore College

Add-on course on:

Dietetics

SYLLABUS

Theory:

[20 hours]

UNIT I: Understanding Nutrients and their Functions

Thermodynamics and Nutrition. Metabolism and Nutrition. System Physiology and Nutrition. Nutritional principles, nutrients, and essential substances of food required for the proper functioning of our body: carbohydrates, proteins, fats, vitamins, minerals, dietary fibres, antioxidants, and probiotics.

UNIT II: Composition of Common Indian Foods and Their Nutrient Content

Indian foods and their food groups: cereals, pulses, vegetables, fruits, dairy products, fish, meat etc. and main constituents of a common Indian diet. Foods' variety, suggested serving sizes, food exchange lists etc. to ensure a balanced intake of nutrients.

UNIT III: Nutrient Requirements and Recommended Dietary Allowances

Energy requirements: BMR, PAR and PAL. Nutrient requirements and recommended dietary allowances depend on age, gender, physical activity level, and other physiological factors. EAR, RDA, TUL for nutrients recommended by the Indian Council of Medical Research (ICMR), 2020 to ensure adequate nutrition for optimal health.

UNIT IV: Achieving a Balanced Diet: A Guide to Normal Diet Planning

A guide to diet planning to ensure the consumption of nutrients in the right proportions by the Indian to meet daily requirements.

UNIT V: Nutritional Problems, Therapeutic Diets and Management

Therapeutic diets to correct nutrient deficiencies or excesses and to promote healing of the body during PCM, nutritional anaemia, IDD, xerophthalmia etc.

UNIT VI: Food Safety

Food safety by avoiding food adulteration and contamination during preparation and preservation of foods. Foodborne intoxication, food preservation, food hygiene.

Practical:

[8 hours]

Assessment of Nutritional Status, Preparation of Balanced diet, and Diet Planning

Practice and Evaluation:

[2 hours]

Diet Planning practice on Campus among College students and staff

Examination and Evaluation
