

**Units of Syllabus to be included in Section - A and Section – B Question Papers of
UTU Examination as per INC & UTU Syllabus.**

**I Year P. B. B. Sc. (N)
Paper - Nutrition and Dietetics (030150102)**

Unit	Learning Objectives	Hrs.	Marks	Remark
I	<ul style="list-style-type: none"> - Introduction to nutrition and dietetics. - Balanced diet, factors on which it depends. - Factors to be considered in planning. - Guides available for planning. - Food hygiene, preparation and preservation - Review of nutrients –micro and macro. - Introduction to diet therapy - Routine hospital diets - Therapeutic diet under each unit i.e. cardiovascular diseases, Gastronitestinal diseases, Renal disorders, endocrine and metabolic disorders, - allergy, infections and fevers, - pre and post operative stage, - deficiency diseases and malnutrition, overweight and underweight. 	16	19	
II	<ul style="list-style-type: none"> - Infant and child nutrition - Feeding of normal infants: factors to be considered in planning, nutritional requirements. - Feeding of Premature infants: factors to be considered in planning, nutritional requirements. - Supplementary feeding of infants: Advantage and method of introduction - Weaning, effects on mother and child - Psychology of infant and child feeding - Feeding of sick child. Diet in disease of infancy and child hood: - deficiency states – malnutrition , under nutrition , other nutrients of deficiency. - Feeding pre-school child: nutritional needs, factors to be considered in planning diets. Problems in feeding. - School lunch programme: Advantages, Need in India. 	08	09	
III	<p>Community Nutrition:</p> <ul style="list-style-type: none"> - Need for community nutrition programme. - Nutritional needs for special groups: infant, child, adolescent, - pregnant woman, lactating mother and old people. - Substitutes for non-vegetarian foods. - Selection of cheap and nutritious foods. Nutrition education- needs and methods. - Methods of assessing nutritional status of individual/ group/community. - Current nutritional problems and national programmes. (mid day meal etc.) 	06	07	
Total		30	35	

Note:

Unit I – Includes Unit – I & II of INC Syllabus.

Unit II - Includes Unit – III & IV of INC Syllabus.

Unit III - Includes Unit – V & VI of INC Syllabus.