

DIET MEAL PLANNING (2 Credits)

Course Code: HTN 104

Objective:

At the end of the course the student will have the ability to plan and suggest menus for different types of dietary requirements.

Contents:

1. Introduction to diet planning and therapy menu planning.
2. Nutritional requirements for adults-requirements, energy , protein , fats,vitamins, minerals.low cost balanced diets, dietary guidelines to reduce the cost of a meal
3. Nutritional requirements for infants:- what is infancy?,food requirements, breast feeding , advantages of b. Feeding (nutritional , physiological and economic benefits)advantages to the infant and mother.
4. Nutritional and food requirements for preschool children 1-6 years
5. Nutritional and food requirements for school children(6-12 year) - nutritional requirements, dietary guidelines
6. Nutritional and food requirements during adolescence-nutritional requirements, food habits ,dietary guidelines
7. Nutritional and food requirements for expectant mothers – introduction, dietary modifications, general dietary problems by Jarvis
8. Nutritional and food requirements during old age- nutritional requirements, energy protein,, carbohydrates, vitamins, water, fiber, food requirements, and modifications of diet planning during old age
9. Nutrition related problems, osteoporosis, obesity , neurological dysfunction, anaemia, malnutrition, constipation, degenerative diseases, dietary guidelines to be followed in case of diseases such as Anaemia, Gastrointestinal diseases,Kidney diseases.

Pedagogy:

Case studies, Presentations on dietary requirements according to age and condition.

Minimum depth coverage will be at the level of the following books:

1. B. Srilakshmi, Dietetics, New Age International.

SunetraRoday, Food Science & Nutrition, Oxford University Press