

# **FAMILY AND COMMUNITY NUTRITION**

## **Unit 1**

Basic concepts meal planning

- Food groups and concept of balanced diet
- Food exchange list
- Concept of Dietary Reference Intakes
- Factors effecting meal planning and food related behaviour.
- Dietary guidelines for Indians and food pyramid

## **Unit 2**

Nutrition during the adult years

Physiological changes, RDA, nutritional guidelines, nutritional concerns and healthy food choices.

- Adult
- Pregnant woman
- Lactating mother
- Elderly

## **Unit 3**

Nutrition during childhood

Growth and development, growth reference/ standards, RDA, nutritional guidelines, nutritional concerns and healthy food choices

- Infants
- Preschool children
- School Children
- Adolescents

## **PRACTICAL**

1. Introduction to meal planning (3)
  - Use of food exchange list (1)
2. Planning and preparation of diets and dishes for (10)
  - Young adult
  - Pregnant and Lactating woman
  - Preschool child
  - School age child and adolescents
  - Elderly

### 3. Planning complementary foods for Infants (1)

#### **RECOMMENDED READINGS**

- Seth V and Singh K (2006). Diet Planning through the Life Cycle: Part 1 Normal Nutrition. A Practical Manual. Elite Publishing House Pvt. Ltd., New Delhi.
- Gopalan C, Rama Sastri BV, Balasubramanian SC (1989) Nutritive Value of Indian Foods. National Institute of Nutrition, ICMR, Hyderabad.
- Khanna K, Gupta S, Seth R, Passi SJ, Mahna R, Puri S (2013). Textbook of Nutrition and Dietetics. Phoenix Publishing House Pvt. Ltd.
- Wardlaw GM, Hampi JS, Di Silvestro RA (2004). Perspectives in Nutrition, 6<sup>th</sup> edition, McGraw Hill.
- ICMR (2011) Dietary Guidelines for Indians. Published by National Institute of Nutrition, Hyderabad.
- ICMR (2010) Recommended Dietary Allowances for Indians. Published by National Institute of Nutrition, Hyderabad.
- Chadha R and Mathur P eds. Nutrition: A Lifecycle Approach. Orient Blackswan, New Delhi, 2015.