

## OPEN ELECTIVES

### FNE 513: NUTRITION FOR HEALTH

39 Hr (13× 3 units)

#### Course outcome:

*At the end of this course students will be able to-*

- CO 1. Describe the importance of macro and micro nutrients its importance in human body
- CO 2. Understand the nutritional requirement and challenges of differ age groups through life cycle.
- CO 3. Write down the role nutrition played during pregnancy and lactation.
- CO 4. Describe the physiological changes which take place through lifecycle

**Unit I:** Functions, requirements, sources and deficiency of macro- and micro-nutrients

**Unit II:** Nutrition during early years: Physical growth and maturation. Monitoring of growth chart. Pediatric formula preparation. Nutrition and dietary guidelines during Infancy, Pre-school and School-going children. Childhood Obesity and eating disorders.

**Unit III:** Dietary guidelines and nutrition in adolescence. Women and nutrition: nutrition during pregnancy and lactation. Nutritional needs of the elderly. Nutrition for athletes.

#### REFERENCES

- Ashworth A., et.al. 2008. Growth monitoring and promotion: review of impact. Maternal and child nutrition 4, pp. 86-117
- World Health Organization Growth Standards: British Columbia Training Manual: June 2011
- Growth monitoring and promotion: intervention or platform for action: UNICEF: 35th SCN Session WG Breastfeeding and Complementary Feeding:  
<http://www.unsystem.org/SCN/Publications/AnnualMeeting/SCN/35/wgbfcf/Nune%20MANGASARYAN.pdf>
- Rolfes Sharon D., Linda K. Debruyne and EN Whitney. 1997. Life Span Nutrition:
- Rolfes S.R. et.al., 2009. Understanding Normal and Clinical Nutrition, Thomson Wadsworth
- Mahan L. Kathleen & Sylvia Escott-Stump, 1996. Krause's Food & Nutrition Therapy
- Wardlaw Gordon M. 1995. Perspectives in Nutrition