

After successful completion of the course, students will be able to:

- CO1. Understand the basics of nutrition science and its practical applications in day-to-day life.
- CO2. Describe the nutritional requirements and challenges of different age groups through the life cycle.
- CO 3. Explain the role of proper nutrition during pregnancy and lactation.
- CO4. Describe the physiological changes which take place through the life cycle.
- CO5. Understand the types of food safety hazards and its mitigation measures.

Unit I: Introduction to nutrition science: Composition of food (carbohydrates, proteins, fats, vitamins, minerals, fiber and water), balanced diet, food groups (The 11 food groups), RDA, factors affecting RDA, determination of RDA of different nutrients, reference man and woman, practical application of RDA, current diet and nutrition scenario, common nutrition problems (Starvation, Protein Energy Malnutrition, Nutritional anaemia).

Unit II: Life span nutrition: Nutritional requirements for adults (reference man and woman), infants, pre-school children, school children, adolescent children. Geriatric nutrition.

Nutrition for expectant and Lactating women: Preconceptual nutrition, physiological changes during pregnancy, nutritional requirements for pregnant women, physiology of lactation, nutritional requirements of a nursing mother.

Unit III: Food safety hazards: Biological hazards (bacteria, molds, parasites), chemical hazards (Food additives, pesticides/agricultural product residues, veterinary drug residues) physical hazards (natural and unnatural), allergic hazards (Milk, egg, nuts, wheat, shellfish), food adulteration hazards (types and mitigation measures).

References:

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4. Lawley R, Curtis L, and Davis J. (2012) Food Safety Hazard Guidebook, RSC publishing, 2nd edition,
5. Shubhangini A.J. (2017) Nutrition and dietetics, McGraw Hill Education, 4th edition.
6. Longval T., Ananthan R., Bhaskarachary K. and Venkaiah K. (2017) Indian Food Composition Tables. ICMR-National Institute of Nutrition, Telangana, India.
7. A Report of the Expert Group. Nutrient Requirements for Indians. (2020) ICMR-National Institute of Nutrition, Telangana, India.