

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-

- Describe the importance of macro and micro nutrients its importance in human body
- Understand the nutritional requirement and challenges of differ age groups through life cycle.
- Write down the role nutrition played during pregnancy and lactation.
- 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

1. Ashworth A., et.al. 2008. Growth monitoring and promotion: review of impact. Maternal and child nutrition 4, pp. 86-117
2. World Health Organization Growth Standards: British Columbia Training Manual: June 2011
3. 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>
4. Brown Judith E. Nutrition through the Lifecycle.
5. Rolfes Sharon D., Linda K. Debruyne and EN Whitney Life Span Nutrition:
6. Rolfes S.R. et.al., Understanding Normal and Clinical Nutrition, Thomson Wadsworth
7. Mahan L. Kathleen & Slyvia Escott-Stump, Krause's Food & Nutrition Therapy
8. Wardlaw Gordon M. Perspectives in Nutrition