

SOFT CORE COURSES

FNS 453 LIFE SPAN NUTRITION

39 Hr (13× 3 units)

Course outcome:

- Describe the methods and principles involved in menu planning using food group system and food exchange list.
- Write down the nutritional requirement and challenges of different age groups through life cycle.
- Write down the role nutrition played during pregnancy and lactation.
- Describe the physiological changes which take place through life cycle

Unit I: Principles of meal planning: Balanced diet, Food groups. Food exchange list. Factors effecting meal planning and food related behaviour. Nutrition for adulthood and old age: Nutrient requirements for adult man and woman, nutritional status of Indian adult population – community nutrition. Geriatric nutrition: Physiological changes in elderly, Nutritional requirements, special needs, nutritional problems health concerns in old age and their management, factors contributing to longevity.

Unit II: Nutrition during pregnancy and lactation. Pregnancy: Physiological changes, nutritional requirements, optimal weight gain and its components, effect of malnutrition on outcome of pregnancy, complications of pregnancy. Lactation: Physiology of lactation, factors affecting lactation, nutritional requirements, community nutrition, and fertility.

Unit III: Nutrition during childhood: Infancy: Growth and development, growth reference/ standards, breast feeding, compositional differences between human milk and milk substitute. Weaning practices, weaning and supplementary foods. Nutritional concerns and healthy food choices. Preschool children: Growth and development, nutritional requirements, special care in feeding preschoolers, nutritional problems specific to this age. School age and adolescent children: Growth spurt, nutritional requirements, factors affecting their eating habits, nutritional problems specific to this age.

REFERENCES

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- 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.
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