SOFT CORE COURSES

FNS 453 LIFE SPAN NUTRITION

39 Hr (13× 3 units)

Course outcome:

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

CO 1. Describe the methods and principles involved in menu planning using food group system and food exchange list.

CO 2. Understand the nutritional requirement and challenges of differ age groups through life cycle.

CO 3. Explain the role played by nutrition during pregnancy and lactation.

CO 4. Describe the physiological changes which take place through lifecycle

Unit I: Principles of meal planning: Balanced diet, Food groups. Food exchange list. Role of hunger and satiety centre. Dietary Assessment – 24 hour recall, food records, dietary history, food frequency questionnaire. 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

- 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, 6th edition. McGraw Hill.
- Dietary Guidelines for Indians, ICMR (2011), NIN, Hyderabad.
- Dietary Allowances for Indians. ICMR (2010), NIN-Hyderabad.
- Chadha R., Mathur P. (eds). 2015. Nutrition: A Lifecycle Approach, Orient, New Delhi.
- 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.