

NUTRITION & DIETETICS

Placement: First Year

Time Allotted: Theory - 30 hrs.
Practical -15 hrs.

COURSE DESCRIPTION

This course is designed to provide the students with a wide knowledge of dietetics in Indian setting, that the practice of teaching optimum and realistic dietary planning can become an integral part of nursing practice.

OBJECTIVES

At the end of the course, the student will:

1. Explain the principles and practices of nutrition and dietetics.
2. Plan therapeutic diets in different settings.
3. Identify nutritional needs of different age groups and plan diet accordingly.
4. Prepare meals using different methods utilizing cookery rules.

COURSE CONTENTS

UNIT I

Introduction to nutrition and dietetics.
Balanced diet, factors on which it depends.
Factors to be considered in planning.
Guides available for planning.
Food Hygiene, preparation and preservation.
Review of nutrients - micro & macro.

UNIT II

Introduction to diet therapy.
Routine hospital diets.
Therapeutic diet under each unit i.e. Cardiovascular diseases, Gastrointestinal diseases, Renal disorders, Endocrine and metabolic disorders, Allergy, Infections and fevers, Pre and post operative stage, Deficiency diseases and malnutrition, overweight and underweight.

UNIT III

Infant and child Nutrition
Feeding of normal infants: factors to be considered in planning, nutritional requirements.

Feeding of premature infants: factors to be considered in planning, nutritional requirements.
Supplementary feeding of infants: Advantage and method of introduction.
Weaning, effects on mother and child.
Psychology of infant and child feeding.
Feeding the sick child. Diet in diseases of infancy and childhood.
Deficiency states - malnutrition and under nutrition.
Feeding pre-school child: nutritional needs, factors to be considered in planning diets. Problems in feeding.
School lunch programme: Advantages, Need in India.

UNIT IV

Community Nutrition: Need for community nutrition programme.
Nutritional needs for special groups: infant, child, adolescent, pregnant woman, lactating mother and old people.
Substitutes for non-vegetarian foods.
Selection of cheap and nutritious foods. Nutrition education needs and methods.
Methods of assessing nutritional status of individual! group / community.
Current nutritional problems and national programmes.

PRACTICUM

I. Methods of cooking and cookery rules.

1. Simple preparation of beverages, soups, cereals and pulses, eggs, vegetables, meat.
2. Menu Plans.

II. Preparation of supplementary food for infants.

1. Food for toddlers.
2. Low cost nutritious dishes for vulnerable groups.
3. Dietary case study of patient on special diet and planning of low cost dietary instructions for home adaptations.
4. Planning of therapeutic diets.