

FOUR YEAR UNDERGRADUATE PROGRAM 2024-28
FACULTY OF Home Science
COURSE CURRICULUM

PART A: Introduction			
Program: Bachelor in Home Science (Diploma / Degree/Honors)		Semester : III	
Session: 2024-25			
1	Course Code	HSSC – 07T	
2	Course Title	Nutritional Management in Health & Diseases	
3	Course Type	DSC	
4	Pre-requisite(if any)	<i>As per Program</i>	
5	Course Learning Outcomes (CLO)	<ul style="list-style-type: none"> • To analyze Importance of Meal Planning. • To identify Factors affecting nutritional requirements. • To calculate Normal nutrition. • To classify Medical nutritional therapy in various diseases. • To recognize Conversion of Normal Diet to Disease Specific Diet. 	
6	Credit Value	3 C	<i>1 Credit = 15 Hours - learning & Observation</i>
7	Total Marks	Max. Marks: 100	Min Passing Marks : 40

PART B: Content of the Course		
Total No. of Teaching – learning Periods (01 hr per period) : 45Period (45 hours)		
Unit	Topics (Course Contents)	No. of Period
I	<p>Definition of Health & Nutrition: Dimensions of Health (Physical, Psychological, emotional& Spiritual).</p> <p>Concept of nutritionally adequate diet and meal planning: Importance of meal planning, Factors affecting meal planning- Nutritional, Socio-cultural, Religious, Geographic, Economic Availability of time.</p>	12
II	<p>Steps involved in planning a diet: RDA, Food list-using ICMR tables, using cooked food exchange list, Making Menu, The Food Guide-four food group plan of ICMR, Food Pyramid, and General Dietary Guidelines suggested by ICMR, Planning of balance diet-food composition tables, principles of planning diets, Planning diets for institutions.</p> <p>Nutrition through the life cycle: (At different activity and Social economic levels) requirements, nutritional problems, food selection. Adulthood, Pregnancy, Lactation, Pre-School, Adolescence.</p>	11

III	Principles of diet therapy: Modification of normal diet for therapeutic purposes, full diet, soft diet, Fluid diet, Bland diet, Energy modification and Nutrition for weight management-Identifying the overweight and obese, etiological factors contributing to Obesity. Prevention & treatment, low energy diets, Underweight –etiology and assessment.	11
IV	Etiology: Symptoms & diet management of the following -Diarrhea, Constipation, Peptic ulcer, Jaundice, Viral Hepatitis, Cirrhosis. Diet in disease of the endocrine: Pancreas-Diabetes mellitus-classification, symptoms, diagnosis, Dietary care & Nutritional, management of diabetes mellitus. Insulin therapy, Oral Hypoglycemic agents, Juvenile Diabetes. Diseases of the Cardio Vascular system: Atherosclerosis Etiology & Risk Factor, Hypertension-Etiology, prevalence Nutritional management & prevention, Renal diseases –Nephritis, Nephrosis - Causes, Symptoms & Dietary management	11
Keywords: - Health & Nutrition, Concept of nutritionally adequate diet and meal planning, Steps involved in planning a diet, Nutrition through the life cycle, Principles of diet therapy, Etiology, Pancreas, Cardio- Vascular system.		

E. Jha
A. Singh
S. Chaur
Dr. B. Sethi
R. Singh
S. Singh
A. Singh

PART C:

Learning Resources : Text Books. Reference Books, Other Resources

Text books Recommended –

1. आहार एवं पोषण– डॉ. वृन्दा सिंह, Hindi edition, Panchsheel Publishers.
2. Dietetics - B. Shrilaxmi ,8th edition, new age international publishers.
3. Human Nutrition and Dietetics- Passmore,8th edition, Livingstone Publishers.
4. Normal and Therapeutic Nutrition- Robinson,17th edition, Mac Millan publishing Company.
5. Food, Nutrition and Diet Therapy- Krause, 11th edition, Saunders Publishers.
6. Nutrition and Diet Therapy- Williams,4th edition, C.V.Mosby Co. Publishers.
7. Modern Nutrition in Health and Disease- Shils, M.E. Olson,8th edition, Lea and Febigera Waverly Company Publishers.

Online Resources:

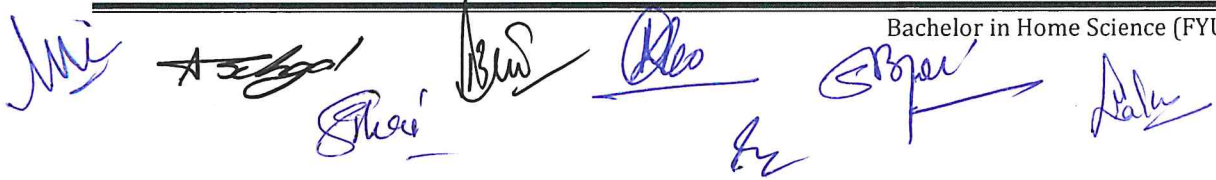
- Balance Diet-
 1. https://www.google.com/search?q=balanced+diet&rlz=1C1JJTC_enIN950IN950&oq=Balance&aqs=chrome.
 2. <https://iamherbalifenutrition.com/nutrition-facts/balanced-diet-daily-nutrition/>
- Principles of diet therapy-
 1. https://www.google.com/search?q=principles+of+diet+therapy&rlz=1C1JJTC_enIN950IN950&oq=principle+of+diet+&aqs=chrome.2.69i57j0i10i9.15376j0j15&sourceid=chrome&ie=UTF-8
 2. <https://www.youtube.com/watch?v=OVM97v-Ysmw>
 3. https://onlinecourses.swayam2.ac.in/cec21_hs09/preview
- Food Pyramid-
 1. https://www.google.com/search?q=food+pyramid&rlz=1C1JJTC_enIN950IN950&oq=food+p&aqs=chrome.3.69i57j35i39j0i67j0i433i51
 2. https://www.youtube.com/watch?v=ZajKRG_asfs
- Diet for cirrhosis-
 1. https://www.google.com/search?q=diet+of+cirrhosis&rlz=1C1JJTC_enIN950IN950&oq=diet+of+chrrsis&aqs=chrome.1
 2. <https://www.medtalks.in/articles/nutrition-and-prognosis-of-liver-diseases>
- Diseases of the Cardio Vascular system-
 1. <https://www.google.com/search?q=disease+and+diet+of+cardiovascular+system&rlz=1C1JJTC>
 2. <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/heart-disease-and-food>

PART D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:		
Maximum Marks:	100 marks	
Continuous Comprehensive Evaluation(CCE):	30 Marks	
Semester End Exam (SEE):	70 Marks	
Internal Assessment:	Internal Test / Quiz(2) –20+20	Better marks out of the two tests/ Quiz + Obtained marks in assignment shall be considered against 30 Marks
Continuous Internal Assessment (CIA)	Assignment/Seminar – 10	
	Total Marks– 30	
End Semester Exam (ESE):	Two section – A & B	
	Section A: Q1. Objective – 10 x1= 10 Mark; Q2. Short answer type- 5x4 =20Marks	
	Section B: Descriptive answer type qts.,1 out of 2 from each unit-4x10=40 Marks	

Name and Signature of Convener & Members of BOS

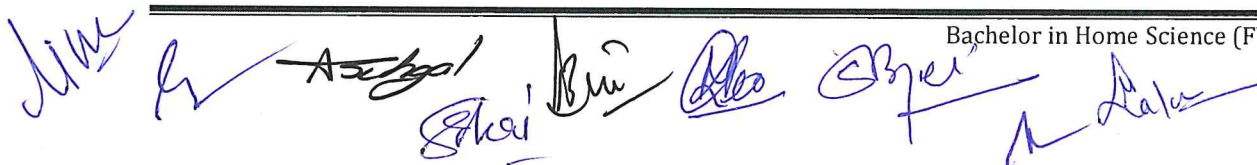
Bachelor in Home Science (FYUP)



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FACULTY OF Home Science
COURSE CURRICULUM

PART A: Introduction			
Program: Bachelor in Home Science (Diploma / Degree/Honors)		Semester : III	
		Session:2024-25	
1	Course Code	HSSC – 7P	
2	Course Title	Nutritional Management in Health & Diseases (<i>Practical</i>)	
3	Course Type	DSC	
4	Pre-requisite (if any)	<i>As per Program</i>	
5	Course Learning Outcomes (CLO)	<ul style="list-style-type: none"> • To understand Importance of Meal Planning • To understand Factors affecting nutritional requirements in diseased condition • To understand medical nutrition therapy. • To understand conversion of normal diet to therapeutic diet. • To understand curtailing/supplementing specific nutrient in any disease. 	
6	Credit Value	1 C	<i>1 Credit = 30 Hrs Laboratory or Field Learning / Training</i>
7	Total Marks	Max. Marks: 50	Min Passing Marks : 20

PART B: Content of the Course		No. of Periods
Total No. of Teaching – learning/ Performane Periods : 30 Periods (30 Hours)		
Module	Topics (Course Contents)	
Lab / Field Traing/ Experiment Contents of Course	Planning- Preparation of Normal and Therapeutic diet in relation to special and nutrient requirements (Any 10) <ol style="list-style-type: none"> 1 Adult 2 Pregnancy 3 Lactation 4 Constipation 5 Diarrhea 6 Obesity 7 Underweight 8 Peptic Ulcer 9 Jaundice 10 Viral Hepatitis 11 Cirrhosis 12 Acute Glomerulonephritis 13 Chronic Glomerulonephritis 14 Diabetes mellitus (using food exchange list) 	30



	(i) With Insulin (ii) Without insulin 15 Hypertension (Atherosclerosis) 16 Anemia 17 Visit to Dietetics Dept of Hospitals. 18 Workshops / Project- Menu planning on normal & therapeutic modification of Diet	
Key words	Normal to Therapeutic Diet, Medical Nutrition Therapy , Cardiac Disease, Renal Disease, Liver Disease	

A. Singh *Sharma* *Aleo*
Sharma *Rakesh* *Singh* *M* *A* *Sharma*

PART C:
Learning Resources: Text Books, Reference Books, Other Resources
Text Books Recommended :
<ol style="list-style-type: none"> 1. आहार एवं पोषण- डॉ. वृन्दा सिंह, Hindi edition, Panchsheel Publishers. 2. Dietetics - B. Shrilaxmi ,8th edition, new age international publishers. 3. Human Nutrition and Dietetics- Passmore,8th edition, Livingstone Publishers. 4. Normal and Therapeutic Nutrition- Robinson,17th edition, MacMillan publishing Company, 5. Food, Nutrition and Diet Therapy- Krause, 11th edition, Saunders Publishers. 6. Nutrition and Diet Therapy- Williams,4th edition, C.V.Mosby Co. Publishers. 7. Modern Nutrition in Health and Disease- Shils, M.E. Olson,8th edition, Lea and Febigera Waverly Company Publishers.
Online Resources:
<ul style="list-style-type: none"> • Diet for Adult- https://www.google.com/search?q=diet+for+adults&rlz=1C1JJTC_enIN950IN950&oq=diet+for+adult&aqs=chrome. • Diet for pregnancy- https://www.google.com/search?q=diet+for+pregnant+women&rlz=1C1JJTC_enIN950IN950&sxsrf=ALiCzsbc • Diet for Atherosclerosis- https://www.google.com/search?q=diet+for+atherosclerosis&rlz=1C1JJTC_enIN950IN950&sxsrf=ALiCzsZ6XyYHi7Q- • Diet for diabetes mellitus- https://www.google.com/search?q=diet+for+diabetes+mellitus&rlz=1C1JJTC_enIN950IN950&sxsrf=ALiCzsZFJ52m3efDHrTUHum0TTnmp7Ctg

PART D :Assessment and Evaluation		
Suggested Continuous Evaluation Methods:		
Maximum Marks:	50 Marks	
Continuous Internal Assessment (CIA):	15 Marks	
End Semester Exam(ESE):	35 Marks	
Internal Assessment:	Internal Test / Quiz (2) - 10 & 10	Better marks out of the two tests/ Quiz + Obtained marks in Assignment shall be considered against 15 Marks
Continuous Internal Assessment (CIA)	Assignment/Seminar+ Attendance - 05	
Total Marks -	15	
End Semester Exam(ESE):	Laboratory / Field Skill Performance : on spot Assessment	
	A.Performed the task based on Lab work -	20 marks
	B.Spotting based on tools & Technology (written) -	10 marks
	C.Viva –voce (based on principle/ Technology) -	05 Marks

Signature of Convener and Members (CBoS):