

Semester III

Nutrition for Life span

Objectives:

The course will enable students to -

- Understand the physiological changes, special needs and health concerns of people at different stages of life
- Understand the importance of nutrition to physical, psychological growth and development and ageing.

	Course	TC	Th C	Pr C	Int M	Ext M	Total
	Nutrition for Life span	4	-	4	100	-	100

Module No.	Objectives	Content	Assessment
1	This will enable students to: 5. Know the nutritional requirements and understand the concept of RDA 6. Comprehend the concept of food guide and translate the same into planning	Basics of Meal Planning 1. Overview of nutritional requirements 2. Food Guide/ Food Pyramid and its use 3. Food Exchange List 4. Balanced diet 5. Factors affecting meal planning 6. Maintaining a dietary record	Quiz/ Assignments / Projects Viva
2	This will enable students to: 1. Plan balanced diets for individuals keeping in mind their physical activity, income group, social and cultural background 2. Suggest dietary modifications for common ailments	Nutrition in Adulthood 1. Planning meals for sedentary, moderate and heavy workers 2. Dietary modifications for common ailments: diarrhea, constipation, Underweight, obesity and fever	Quiz Planning and Cooking Practical Viva

3	<p>This will enable students to:</p> <ol style="list-style-type: none"> 1. Learn the physiological changes during pregnancy and lactation 2. Understand the effect of physiological changes on nutritional requirements <p>Understand the role of nutrition in pregnancy outcome and during lactation</p>	<p>Nutrition during Pregnancy and Lactation</p> <p>Planning meals for various physiological conditions</p> <ul style="list-style-type: none"> - Pregnancy - Lactation 	<p>Quiz Planning and Cooking Practical</p> <p>Viva</p>
4	<p>This will enable students to:</p> <p>Understand the physiological changes during growth, development and ageing and their effect on nutritional needs</p>	<p>Nutrition during Life cycle</p> <ol style="list-style-type: none"> 1. Planning meals for different age groups <ul style="list-style-type: none"> - Infancy - Childhood - Adolescence - Old age 	<p>Quiz Planning and Cooking Practical</p> <p>Viva</p>

Evaluation:

- **Planning = 50 marks** (including projects and assignments)
(Each plan to be evaluated out of 10 marks and average to be taken)
- **Cooking practical = 30 marks**
(Each cooking practical to be evaluated out of 10 marks and average to be taken)
- **Quiz = 20 marks** (including viva)
- **Total = 100 marks.**

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