

Diploma Course in Food and Nutrition

PAPER I

Food and Nutrition

Unit – I

1. Definition of Health, Nutrition and Dietetics
2. Functions of Food
3. Balanced Diet
Use of Balanced Diet in Meal Planning, Factors affecting Meal Planning
4. Basic food groups, their sources and nutritional importance

Unit – II

1. Nutrients –Macro and Micro Nutrients, Classification Sources, Functions.
Protein, Carbohydrates, Fats, Water, Calcium and Phosphorus, iron, Magnesium, Sodium and Iodine.
Water Soluble Vitamins – B complex Vit- C
Fat soluble Vitamins - A.D.E.K
2. Nutrition Through Life Cycle
 - a) Pregnancy
 - b) Lactation
 - c) Infancy
 - d) Pre School Child
 - e) Adulthood
 - f) Adolescence
 - g) Old age

Unit –III

1. Principles of Diet Therapy
Modification of Normal diet for therapeutic purpose
Nutritional management in Common ailments
 - a)Diarrhoea
 - b) Constipation
 - c) Jaundice
 - d) Diabetes Mellitus
 - e) Anemia
 - f) Typhoid
 - g) Fever
2. Importance of Health drinks made from vegetable (Antioxidant and Fibers)

Unit – IV

1. Food Preservation – Dehydration, Chemical, Preservation by Control of Temperature with sugar, salt, oil and spices
2. Food Spoilage – Various Types of food Poisoning
3. Adulteration in foods
4. Study of leavening agents, Chemical and Biological

Unit – V

1. Improving Nutritional Quality of foods
Germination - Supplementation
Fermentation - Substitution
Fortification and enrichment
2. Energy Requirements
Factors affecting energy requirement, BMR Activity, age, Climate, Physiological conditions.

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PAPER II

Community Nutrition

Unit – I :- Nutrition Education

1. Meaning and Definition
2. Objectives of Nutrition Education
3. Method of Nutrition Education

Unit – II

1. Malnutrition In India
Over powering of Malnutrition
2. Malnutrition Causes, Prevention
3. Malnutrition and Mental Health

Unit – III

National & International Agencies to combat Malnutrition

A) National Agencies

- | | |
|--|-------|
| a) Supplementary Feeding Program me | -SFP |
| a) Applied Nutrition Program me | -ANP |
| b) Integrated Child Development Scheme | -ICDS |
| c) National Institute of Nutrition | -NIN |

B) International Agencies

- a) WHO
- b) UNICEF
- c) FAO

1. Current Nutritional Problems in India

Unit – IV

Nutritional Assessment

1. Population and food production
2. Assessment of Nutritional Status :- Anthropometry, Clinical Assessment Diet Surey

Unit – V

1. Nutrition and Infection
2. HIV: Causes Effects & Presenation
3. New Foods – Natural Food, Uncommon food, Composition uses in Cookery.

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Practicals- Food and Nutrition

I. Beverage :-

- 1) Tomato Soup, Spinach Soup, Mixed Vegetable Soup (any two)
- 2) Jal Jeera, Milk Shakes, Fruit Punch (any two)

II. Snacks :-

- 1) Hara Bhara Kabab / Paneer Tikka
- 2) Ragada Pattis / Peachy wade
- 3) Bread Roll / Vegetable Gold Coin

III. Regional Cookery:-

- 1) Sambar Wada / Uttpam with Chutney
- 2)Chhole Bhature / Samosa
- 3) Puran Poli
- 4) Khajuri

IV. Sweet Dishes :-

- 1) Halwa – Pumpkin / Carrot / Mung Dal
- 2) Chirote / Loving Late / Kayanji Lawang Latika
- 3) Any Type Burfi
- 4) Cake with icing / Nankhatai/ Biscuits
- 5) Ice Cream / Kulfi

V. Salads :-

- 1) Mixed Vegetable Salad (Any Two Types)
- 2) Sprouted (any two types)

Food Preservation –

I. Project Work

- a) Squash b) Jam c) Jelly d) Tomato or Tamarind Sauce
- e) Pickle – Lemon, Mixed Vegetable and Chillies f) Two type of novelty papad

Distribution of Mark for Practical

A. Record Book	- 10
B. Viva Voce	- 6
C. Preparation of two Dishes	- 40
D. Presentation of Dish	- 4
E. Presentation of Menu Card	- 05
F. Enlisting Four Important sources of each Nutrient	- 05
G. Project Work	- 20
H. Internal Assessment	- 10
Total	- 100
