

**Lal Bahadur Shastri Degree College,
Gonda**

Detailed Syllabus

OF

Vocational Course

ON

Nutrition & Dietician

Course Coordinator

Principal

Prof. Ravindra Kumar Pandey

Suggested Readings :

Books for study-

- Food Science: B Srilakshmi
- Food and Nutrition: Smt. Usha Mishra & Dr. (Smt.) Alka Agrawal
- Food and Nutrition (आहार एवं पोषण): D.N. Srivastava
- आहार एवं पोषण के सिद्धान्त : ऊषा टण्डन।
- पोषण एवं आहार विज्ञान : डॉ० (श्रीमती) जी०पी०शैरी

Suggested online Links:

Suggested Continuous Internal Evaluation:

- Assessment and presentation of Assignment 10 marks
- Test (objective): Max marks of test 10 marks
- Over all performance throughout the semester, Discipline, Participation in different activities. 05 marks

Unit	Topics	No. of Lectures Total = 30
1	Calculation of nutrients intake	15
2	To prepare a balanced diet shedule for different age groups based on their activity.	15

Further Suggestions :

Course Title : Nutrition & Dietician
Course Coordinator :

Course Code:

Course Designed by

S.N.	Name	Designation	Dept.	College
1				L.B.S.Degree College, Gonda
2				L.B.S.Degree College, Gonda
3				L.B.S.Degree College, Gonda

Programme: Certificate

Year: First

Semester : II

Course Prerequisites: To Study this course, a students must have passed semester I and corresponding paper of this course.

Course outcomes:

1. Acquaint students with practical knowledge of nutrient rich foods.
2. Students will get familiar with different methods of diet plan.
3. Students will learn about many diseases.
4. hrough this course students will become aware to stay healthy.

Credits: 3 (=2+1)

L-T-P-D

30-0-30-0

Optional; Open for all

Max Marks: 100 [50 (T)+25(CIE)+25(P)]

Min Passing Marks: 60 [>20(T)+15(CIE)+15(P)]

Unit	Topics	No. of Lectures Total = 30
	Nutrition & Dietician	
1	Therapeutic diet : <ul style="list-style-type: none">• Types of diet.• Aims and inportance of therapeutic diet.• Feeding Patterns.• Technique of feeding Patterns.	08
2	Some important diseases related to human being <ul style="list-style-type: none">• Diabetes mallitus.• Causes and symptoms of Diabetes mallitus.• Types of Diabetes• Requirement of nutrients in diabetic patient.• Approved & Prohibited food items.	10
3	Diseases of Gastrointestinal tract (Causes, symptoms, classification and nutritional requirement) <ul style="list-style-type: none">• Dianhoca and Dysentry.• Constipation.• Gastritis.• Dyspepsin	12

Suggested Readings :
Books for study-

- Food and Nutrition: Smt. Usha Mishra & Dr. (Smt.) Alak Agrawal
- Advance Nutrition: Rajeev Kumar
- पथ्यापथ्य एवं उपचारार्थ पौषण : वी०के०बक्शी
- आहार एवं विज्ञान एवं पोषण : डॉ० बन्दा सिंह
- आहार एवं पोषण के मूल तत्व : निधि नाराण

Suggested online Links:

Suggested Continuous Internal Evaluation:

- Assessment and presentation of Assignment 10 marks
- Test (objective): Max marks of test 10 marks
- Over all performance throughout the semester,
Discipline, Participation in different activities. 05 marks

Unit	Topics	No. of Lectures
		Total = 30
1	Preparation of one day diet for the following diseases and calculation of nutritional intake- <ul style="list-style-type: none">• Diabettes Mallitus• Diarrhoea & Dysentry• Constipation	10 10 10

Further Suggestions :

Course Title : Nutrition & Dietician
Course Coordinator :

Course Code:

Course Designed by

S.N.	Name	Designation	Dept.	College
1				L.B.S.Degree College, Gonda
2				L.B.S.Degree College, Gonda
3				L.B.S.Degree College, Gonda

Programme: Diploma

Year: Second

Semester : III

Course Prerequisites: To Study this course, a students must have passed semester I and corresponding paper of this course.

Course outcomes:

1. Acquaint students with practical knowledge of nutrient rich foods.
2. Students will get familiar with different methods of diet plan.
3. Students will learn about many diseases.
4. Hrough this course students will become aware to stay healthy.

Credits: 3 (=2+1)

L-T-P-D

30-0-30-0

Optional; Open for all

Max Marks: 100 [50 (T)+25(CIE)+25(P)]

Min Passing Marks: 60 [>20(T)+15(CIE)+15(P)]

Unit	Topics	No. of Lectures Total = 30
1	Nutrition & Dietician Therapeutic diet in relation to kidney diseases- <ul style="list-style-type: none">• Acute Glomerulonephritic or Acute Nephrotic Syndrome• Chronic Glomerulonephritic or Chronic syndrome.• Acute Renal failure (REMIA)• Chronic Renal failiure (UREMIA)	15
2	Fever- (Causes, Symptoms, Nutritional requirement and approved and prohibited food items) <ul style="list-style-type: none">• Acute fever or High Grade temperature (Malaria, Viral)• Chronic fever or Low Grade temperature for long duration (Tuberculosis, Typhoid)	15

Suggested Readings :
Books for study-

- Nutrition Science: B. Srilakshmi
- सम्पूर्ण आहार एवं पोषण विज्ञान : डॉ० अनीता सिंह
- आहार एवं पोषण : श्रीमती ऊषा मिश्रा एवं अल्का अग्रवाल
- उपचारात्मक पोषण : डॉ० बी०डी० हर पालनी
- पथ्यापथ्य एवं उपचारार्थ पोषण : डॉ० बी०के० बक्शी

Suggested online Links:

Suggested Continuous Internal Evaluation:

- Assessment and presentation of Assignment 10 marks
- Test (objective): Max marks of test 10 marks
- Over all performance throughout the semester,
Discipline, Participation in different activities. 05 marks

Practicals

Unit	Topics	No. of Lectures Total = 30
1	One day menu plan for the following diseases- <ul style="list-style-type: none">• Acute Glomerulonephritic or Acute Nephrotic Syndrome• Chronic Glomerulonephritic or Chronic syndrome.• Acute Renal failure (REMIA).• Chronic Renal failure (UREMIA)	15
2	One day diet plan for fever patients- <ul style="list-style-type: none">• High Grade temperature,• Tuberculosis.• Typhoid.	15

Further Suggestions :

Title : Nutrition & Dietician
Course Coordinator :

Course Code:

Course Designed by

S.N.	Name	Designation	Dept.	College
1				L.B.S.Degree College, Gonda
2				L.B.S.Degree College, Gonda
3				L.B.S.Degree College, Gonda

Programme: Diploma

Year: 2nd

First Semester : IV

Course Prerequisites: To Study this course, a students must have passed semester I and corresponding paper of this course.

Course outcomes:

1. Acquaint students with practical knowledge of nutrient rich foods.
2. Students will get familiar with different methods of diet plan.
3. Students will learn about many diseases.
4. Through this course students will become aware to stay healthy.

Credits: 3 (=2+1)

L-T-P-D

30-0-30-0

Optional; Open for all

Max Marks: 100 [50 (T)+25(CIE)+25(P)]

Min Passing Marks: 60 [>20(T)+15(CIE)+15(P)]

Unit	Topics	No. of Lectures Total = 30
1	Therapeutic diet in relation to discases of liver- <ul style="list-style-type: none">• Hepatitis• Jaundice• Liver Cirrhosis	10
2	Cardiac Diseases- (Causes, Symptoms, Precaution & Nutritional requirument) <ul style="list-style-type: none">• Atherosclerosis• Hypertension• Angina Pectoris• Coronary Occlusion• Coronary Infarction	10
3	Corona (Symptoms, Precautions and Nutritional diet)	10

Suggested Readings :

Books for study-

- Advance Nutrition: Rajiv Kumar
- Fundamentals of foods, Nutrition and diet therapy SR. Mudambi & M.V. Rajagopal
- Food and Nutrition: Smt. Usha Mishra & Dr. (Smt.) Alka Agrawal
- आहार एवं पोषण विज्ञान : रीना खनूजा
- आहार एवं पोषण के मूल तत्व : बी०के बक्शी

Suggested online Links:

Suggested Continuous Internal Evaluation:

- Assessment and presentation of Assignment 10 marks
- Test (objective): Max marks of test 10 marks
- Over all performance throughout the semester,
Discipline, Participation in different activities. 05 marks

Practicals

Unit	Topics	No. of Lectures
		Total = 30
1	One day diet plan & nutrients calculation for Corona patient.	15
2	Menu plan & dietary calation for liver patient.	15

Further Suggestions :