

**KAKATIYA UNIVERSITY**

**- TELANGANA**

-21 onwards)

**B.Sc. FOOD & NUTRITION**

**KAKATIYA UNIVERSITY – WARANGAL - TELANGANA**

Under Graduate Courses (Under CBCS 2020-21 onwards)

**B. Sc. II<sup>nd</sup> YEAR - SEMESTER - III**

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**PAPER-III: NORMAL AND THERAPEUTIC NUTRITION (Theory)**

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**Theory: 4 hrs/week; Credits : 4 Marks : 100 (Internal-20, External-80)**

**Practical: 3 hrs/week; Credits : 1 Marks : 25**

**UNIT-I : MEAL PLANNING**

- 1.1 RDA- factors affecting RDA, derivation; Principles of meal planning; Steps involved in planning a meal
- 1.2 Adulthood – Nutritional Requirements for an Adult Man and Adult Woman
- 1.3 Pregnancy – Physiological Changes, Increase in Nutritional Requirement Complications of Pregnancy
- 1.4 Lactation – Role of hormones in milk production, Increase in Nutritional Requirement and Lactogogues

**UNIT-II : NUTRITION THROUGH LIFE CYCLE**

- 2.1 Infancy – Nutritional Requirement, Importance of Breastfeeding, Artificial Feeding (Comparison of various milks Vs Human Milk), Weaning and Supplementary Food
- 2.2 Pre-Schoolers and School Going Child – Nutritional Requirement and School Lunch Programmes
- 2.3 Adolescence – Nutritional Requirement, Eating Disorders
- 2.4 Geriatrics – Nutritional Requirement, Physiological changes and Dietary Modification

**UNIT-III: INTRODUCTION TO THERAPEUTIC NUTRITION**

- 3.1 Introduction to therapeutic nutrition, dietary supplements and adjuncts to diet therapy, therapeutic modifications of normal diets in terms of Nutrients, Consistency
- 3.2 Special feeding methods- Enteral feeding and Parenteral feeding
- 3.3 Fevers-Definition, Causes (Exogenous and Endogenous), Types – Typhoid Causative organism, Symptoms, Principles of the Diet, Dietary Modifications, Foods to Be included and Foods to Be Avoided
- 3.4 Tuberculosis - Causative Organism, Symptoms, Principles of the Diet, Dietary Modifications, Foods to be Included and Foods to be avoided

**UNIT-IV: DIET IN GENETIC DISORDERS AND FOOD ALLERGY**

- 4.1 Inborn Errors of Metabolism; Phenylketonuria – Definition, symptoms, Dietary management
- 4.2 Galactosemia - Definition, symptoms, Dietary management
- 4.3 Lactose Intolerance- Definition, symptoms, Dietary management
- 4.4 Food Allergy–Definition, Classification, Clinical Signs and Symptoms, Food as Allergens.



**Dr. Estari Mamidala**  
Chairman  
Board of Studies in Zoology  
Department of Zoology  
Kakatiya University  
Warangal-506009

## **Books Recommended:**

### **Text Books:**

- ❖ Srilakshmi B – Dietetics, 5<sup>th</sup> edition, New Age International publishers, 2002.

### **Reference Books**

- ❖ Antia F.P - Clinical Dietetics and Nutrition, Oxford University Press, New Delhi, 2003.
- ❖ Mahtab S. Bamji, N Prahlad Rao, Vinodini Reddy -Text book of Human Nutrition, 2<sup>nd</sup> edition, Oxford and IBH publishing Co. Pvt. Ltd, 2004.
- ❖ Swaminathan, M - Essentials of Food and Nutrition, Vol 2, Bangalore Printing and Publishers Co Ltd, Bangalore, 1985.

  
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**PAPER-III: NORMAL AND THERAPEUTIC NUTRITION (Practical)**

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1. Standardization of Weights and Measures
2. Planning, Calculation and Preparation of Diet for ○ Adulthood- Male and Female
3. Planning, Calculation and Preparation of Diet for physiological conditions ○ Pregnancy ○ Lactation
4. Planning, Calculation and Preparation of Diet for Infancy -Weaning Mix
5. Planning, Calculation and Preparation of Diet for Preschoolers
6. Planning, Calculation and Preparation of Diet for School Going Child- Packed Lunch
7. Planning, Calculation and Preparation of Diet for Adolescence- Boy and Girl
8. Planning, Calculation and Preparation of Diet for Geriatrics
9. Planning, Calculation and Preparation of Diet for clear fluid, full fluid and soft diet
10. Planning, Calculation and Preparation of Diet for Fevers- typhoid, Tuberculosis

### **Books Recommended**

- ❖ Srilakshmi B – Dietetics, 5<sup>th</sup> edition, New Age International publishers, 2002.
- ❖ Longvah T. , Ananthan R. , Bhaskarachary K. and Venkaiah K. Indian Food Composition Table, National Institute of Nutrition, Tarnaka, 2017.
- ❖ Indian Dietetic Association, Clinical Dietetics Manual 2<sup>nd</sup> Edition