


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

B.Sc. FOOD & NUTRITION
KAKATIYA UNIVERSITY – WARANGAL - TELANGANA
Under Graduate Courses (Under CBCS 2020-21 onwards)
B. Sc. IIIrd YEAR - SEMESTER - V

PAPER-V: A-BASIC DIETETICS (Theory)

Theory: 4 hrs/week; Credits : 4 Marks : 100 (Internal-20, External-80)
Practical: 3 hrs/week; Credits : 1 Marks : 25

UNIT-I

- 1.1 Concept in Basic Dietetics, Nutritional Assessment
- 1.2 Nutritional Care Process
- 1.3 Modified hospital diets-Consistency and texture modifications, Nutrient modifications, Food and Nutritional labelling.
- 1.4 Nutrition and Weight Management

UNIT-II


- 2.1 Diets for gastro - intestinal disorders, constipation, diarrhoea, peptic ulcer.
- 2.2 Diet for renal diseases - Nephritis, Nephrotic syndrome and renal failure.
- 2.3 Diet for obesity and cardiovascular disorders. Nutrition support in metabolic disorders.
- 2.4 Diet for Diabetes mellitus.

UNIT-III

- 3.1 Diet & nutrition in kidney diseases.
- 3.2 Nutrition in cancer. Dietary management of cancer patients
- 3.3 Nutrition in Immune system dysfunction, AIDS & Allergy.
- 3.4 Nutrition in burns and surgery.

UNIT-IV

- 4.1 Nutrition - Addictive behaviour in anorexia, nervosa, bulimia & alcoholism.
- 4.2 Feeding the patients - Psychology of feeding the patient, assessment of patient needs.
- 4.3 Feeding infants & children - problems in feeding children in hospitals.
- 4.4 Nutrition & diet clinics - Patients checkup and dietary counseling, educating the patient and followup



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Books Recommended

- Sri Lakshmi B., Dietetics, New Age International P. Ltd. Publishers
- Antia F.P. Clinical Dietetics and Nutrition, Oxford University Press, Delhi.
- Robinson C.H., Lawler M.R., Chenoweth, W.L. and Garwick A. E., Normal and Therapeutic Nutrition, Mac Millan Publishing Co.
- Burtis G, Davis J & Martin S., Applied Nutrition and Diet Therapy, W. B. Saunders Co.
- Swaminathan M., Advanced text book in food and nutrition Vol-II, The Bangalore Printing and Publishing Co.
- Kumud Khanna, Text book of Nutrition and Dietetics, Phoenix Publishing House, New Delhi.



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PAPER-V: A-BASIC DIETETICS (Practical)

1. Standardization of common food preparations.
2. Planning and preparation of Normal diet.
3. Planning and preparation of liquid diet.
4. Planning and preparation of soft diet.
5. Planning and preparation of low calorie reducing diet.
6. Planning and preparation of Bland diet for Peptic Ulcer.
7. Planning and preparation of diets for Infectious Hepatitis and Cirrhosis of liver.
8. Planning and preparation of diet for Diabetes mellitus.
9. Planning and preparation of diets for Atherosclerosis and Hypertension.
10. Planning and preparation of diets for Nephritis and Nephrotic syndrome.


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PAPER-V: B-DIET THERAPY (Theory)

Theory: 4 hrs/week; Credits : 4 Marks : 100 (Internal-20, External-80)
Practical: 3 hrs/week; Credits : 1 Marks : 25

UNIT-I

- 1.1 Role of dietitian: The hospital & community. Basic concepts of diet therapy.
- 1.2 Principles of diet therapy & therapeutic nutrition for changing needs. It should cover all age groups.
- 1.3 Adaptation of normal diet for changing needs.
- 1.4 Routine hospital diets - Regular diet, light diet, full liquid and tube feeding.

UNIT-II

- 1.1 Energy modifications and nutritional care for weight management: Assessment, etiology, complications, prevention and treatment of obesity and underweight.
- 1.2 Diet in disease of the endocrine pancreas: Classification, symptoms and diagnosis of diabetes mellitus. DM management through Insulin therapy.
- 1.3 Oral hypoglycaemic agents, glucose monitoring at home, dietary care and nutrition therapy, meal plan (with and without insulin), special diabetic foods and artificial sweeteners.
- 1.4 Dietary management of Hepatitis, cirrhosis, Jaundice, fatty liver, cholecystitis and cholelithiasis, Hepatic coma. Pancreatitis

UNIT-III

- 3.1 Hypertension: classification, aetiology, symptoms and dietary management.

- 3.2 Diseases of the cardiovascular system: Definition of infarct, ischemia, angina pectoris, myocardial infarction, heart attack and stroke.
- 3.3 Atherosclerosis and hyperlipidaemias – classification, symptoms, dietary and lifestyle management.
- 3.4 Prevention of cardiovascular diseases.

UNIT-IV


- 4.1 Renal Diseases: Etiology, symptoms and dietary management of acute and chronic Glomerulonephritis.
- 4.2 Nephrotic syndrome - dietary management.
- 4.3 Uraemia – dietary Nephrolithiasis - dietary management.
- 4.4 Use of sodium and potassium exchange list. Nephrolithiasis - dietary management. Use of sodium and potassium exchange list.



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- Sri Lakshmi B. Dietetics, New Age International (P) Ltd., Publishers.
- Burtis G., Davis J. and Martin S. Applied Nutrition and Diet Therapy, W.B. Saunders Co.
- Kumud Khanna, Text book of Nutrition and Dietetics, Phoenix Publishing House P. Ltd. New Delhi.
- Sue Rodwell Williams, Nutrition and Diet Therapy, Times, Mirror/Mosby, College publishing, St. Louis.



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PAPER-V: B-DIET THERAPY (Practical)

1. Routine Hospital Diets
2. Planning and preparation of diets with modified residue for Diarrhea and Constipation.
3. Planning and preparation of diets for Hepatic Coma and Influenza.
4. Planning and preparation of diets for Hyperlipidemia and Congestive Heart Failure.
5. Planning and preparation of diets for Burns patients.
6. Planning and preparation of diets for Cancer.
7. Preparation of diet chat for Diabetic patients.
8. Preparation of diet chat for patients with cardiovascular ailments
9. Preparation of diet chat for cancer patients
10. Preparation of diet chat for nutritional disorders like –anemia, obesity, underweight