

# Nutrition and dietetics

Annexure B

## DIETETICS AND NUTRITION

### SEMESTER 1

### BASICS OF NUTRITION

#### UNIT 1: INTRODUCTION TO NUTRITION

Definition of food, nutrition, nutrients

Adequate, optimum and good nutrition

Food as source of nutrients

Classification of food

Function of food

Interrelationship between nutrition and health

Digestion, absorption, transport and utilization of food in the body.

#### UNIT 2: MACRO NUTRIENTS

Food sources, functions and classification of:

Carbohydrates

Fats

Proteins

Water as a nutrient (sources and function)

Roughage (role of fiber in nutrition)

#### UNIT 3: MICRO NUTRIENTS

Vitamins (sources, functions, and classification)

Minerals (sources, functions of calcium, iron, iodine, sodium, potassium, zinc, fluorine)

#### UNIT 4: cooking and nutritional enhancement

Cooking: objectives, preliminary preparations, importance, different cooking methods (and moist)

Improving nutritional quality

- sprouting
- fermentation
- fortification

#### References:

1. robinson, c.h, lawler (1986) normal and therapeutic nutrition
2. swaminathan, m.s (1985) essentials of food and nutrition VI
3. Hughes, o.bennion, m (1970) introductory foods .

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### PRACTICALS:

1. use of basic terminology in day to day cooking
2. weights and measures: standard and household measures for raw ar
3. different cooking methods
  - a. pressure cooking
  - b. open pan cooking
  - c. broiling
  - d. braising
  - e. baking
  - f. roasting
  - g. frying
4. sprouting of pulses
5. basic fermentation technique
6. gluten formation.

SEMESTER II

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