## DIETETICS AND NUTRITIO

### **SEMESTER 1** BASICS OF NUTRITION

# **UNIT1: 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

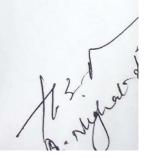
Cooking: objectives, preliminary preparations, importance, different cooking methods (c and moist)

Improving nutritional quality

- a. sprouting
- b. fermentation
- c. 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.



## 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.

EMESTER II

