

## Syllabus: HEALTH AND NUTRITION

### Course Content

- Introduction to health and nutrition: Explanation of terms- Health, Nutrient requirement, Dietary standards, Recommended Dietary Allowance.
- Planning a balanced diet: Principles of planning a diet, Guidelines for planning a balanced diet, Food Exchange list, Steps in planning a diet
- Nutritional and Food Requirements of Adults: Reference man and woman - Classification of activities based on occupation- Nutritional requirements of adults- Importance of functional foods.
- Nutrition and Weight management: Over Nutrition-Obesity: Aetiology, Assessment- Body weight, BMI, Waist circumference, Diet therapy- principles of dietetic management and dietary guidelines. • Under nutrition- Under Weight: Limitations of underweight, Aetiology, Nutritional and food requirement, Dietary guidelines.

### Reference:

1. Health and Nutrition by Anjali Hooda Sangwan
2. Essentials of Human Nutrition by Jim Mann and A. Stewart Truswell
3. Nutrition Science by B. Srilakshmi
4. Public Health Nutrition by Michael J. Gibney, Barrie M. Margetts, and John M. Kearney

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