

VSC

Course Fundamentals of Nutrition

Credits (Total Credits 2)	Fundamentals of Nutrition	No. of hours (30 hrs)
Unit I	Introduction to Nutrition	7
	<ul style="list-style-type: none"> • Definition of nutrition nutrients, RDA • Relation of nutrition and Health • Classification of nutrients (Major, minor). • 	
Unit II	Nutritional disorders and management	8
	<ul style="list-style-type: none"> • Malnutrition :- Under-nutrition and Over-nutrition • Balanced Diet • Food Pyramid • Food Exchange 	
Unit III	BMI and BMR	7
	<ul style="list-style-type: none"> • Definition BMI • How to calculate BMI • Types of BMI • Definition of BMI and how to calculate, Factor affecting on BMI 	
Unit IV	Carbohydrates ,Proteins And Vitamins	8
	<ul style="list-style-type: none"> • Carbohydrates ;- RDA and Deficiency diseases Processing • Proteins - RDA and Deficiency diseases • Vitamins: RDA and Deficiency diseases 	

Course outcome:

- Better understanding in physiological and metabolic functions of nutrients
- Familiarize nutritional assessment, RDA and Dietary Recommendations & guidelines
- Understanding and determining BMR and body surface area
- Understanding of food composition and energy balance in dietary planning
- Effective understanding of diet plan formulation for health and for nutrition-related disorders

Reverences :-

- 1) Shubhangini Joshi, Textbook of food and nutrition, Tata Macgrohill Publishing Co. NewDelhi.
- 2) B. Shrilakshmi, Nutrition Science, New Age International Publishers
- 3) Muddambi S.R. and Rajgopal M. V., Fundamentals of Food and Nutrition, Wiley EasternLtd., New Delhi
Nutritive Value of Indian Foods, NIN, Hyderabad