

UNDERGRADUATE PROGRAMME IN HOME SCIENCE

Paper No-12: NUTRITION FOR CHILDREN AND ADOLESCENTS SEMESTER V

THEORY

Paper No.	:	12
Maximum Marks	:	100
Credits	:	4
Teaching Period	:	4 Theory + 1 Interactive/ week
Teaching Load	:	56 Periods + 14 Interactive Periods / Semester

Objectives

This course will enable the student to –

1. Acquire knowledge about the nutritional needs and concerns of children.
2. Comprehend the principles of nutritionally adequate meals for children.
3. Exercise food choices consonant with good health based on sound knowledge of principles of nutrition.

Content	Periods
Unit I Growth and development, physiological considerations during the period of infancy, childhood and adolescence	4
Unit II: Infancy <ul style="list-style-type: none">• Prenatal influences on pregnancy outcome, factors influencing birth weight, effect of under nutrition on foetal growth process.• Nutritional requirements, feeding of the newborn and infant - breast feeding, complementary feeding• Feeding the preterm baby• Health problems related to infant nutrition – Colic, Diarrhoea, Milk allergy	14
Unit III: Preschool and school age children <ul style="list-style-type: none">• Nutritional requirements• Diet related behaviour of pre-schoolers and school age children, feeding problems• Common nutritional concerns – stunting, wasting and micronutrient deficiencies; childhood overnutrition and importance of physical fitness	24
Unit IV: Adolescents <ul style="list-style-type: none">• Nutritional requirements• Diet related behaviour of adolescents, body image• Nutritional concerns of teenagers• Eating disorders (anorexia nervosa, bulimia nervosa)	12
Unit V An overview of programmes to combat undernutrition in children and adolescents – ICDS, Mid-day meal Programme	2

Recommended Readings

- Bamji MS, Krishnaswamy K, Brahmam GNV (2009). *Textbook of Human Nutrition*. Oxford and IBH Publishing Co. Pvt. Ltd. New Delhi.
- Khanna K., Gupta S, Passi Sj, Seth R, Mahna R and Puri S (2013). *Textbook of Nutrition and Dietetics*. Phoenix Publishing House, New Delhi. (in press)
- Wardlaw GM and Insel PM (2004). *Perspectives in Nutrition*, 6th edition.
- Stacy Nix (2009) William's Basic Nutrition and Diet Therapy, 13th Edition. Elsevier Mosby.

NUTRITION FOR CHILDREN AND ADOLESCENTS

PRACTICAL

Paper No.	:	
Maximum Marks	:	50
Credits	:	2
Teaching Periods	:	4 / week
Teaching Load	:	14 Practicals/ semester

Objectives

The course will enable the student to:

1. Plan and prepare nutritionally adequate diets for different age groups and socioeconomic categories of children.
2. Critically analyze nutrition information on food products manufactured and advocated for children.

Content

Practicals

1. Planning, preparation and evaluation of adequate diets using Food Exchange Lists for - **8**
 - Infants
 - Preschoolers
 - School children
 - Adolescents
2. Planning nutritious snacks/dishes for preschoolers, school children and adolescents for different income groups
3. Study of nutrition labeling on food products. **2**

Recommended Readings

- Seth V and Singh K (2013). *Diet Planning through the Life Cycle: Part II. Nutrition for Children and Adolescents. A Practical Manual*. Elite Publishing House Pvt. Ltd. New Delhi.
- Gopalan C, Rama Sastri BV, Balasubramaniam SC (1989) Nutritive Value of Indian Foods. National Institute of Nutrition, ICMR, Hyderabad
- ICMR (2010) *Recommended Dietary Allowances for Indians*. Published by National Institute of Nutrition, Hyderabad.