

UNDERGRADUATE PROGRAMME IN HOME SCIENCE

NUTRITION FOR ADULTS AND ELDERLY

SEMESTER - III

THEORY

Paper No.	:	6
Maximum Marks	:	100
Credits	:	4
Teaching Periods	:	4 Theory + 1 Interactive Period/ week
Teaching Load	:	56 Theory Periods + 14 Interactive Periods/ semester

Objectives

This course will enable the student to:

1. Understand the principles of planning nutritionally adequate meals.
2. Acquire knowledge about the nutritional needs and concerns of an individual through the adult years.
3. Exercise food choices consonant with good health based on sound knowledge of principles of nutrition.

Content	Periods
Unit I: Principles of meal planning	10
<ul style="list-style-type: none">• Food groups• Food exchange list• Factors effecting meal planning and food related behaviour.• Balanced diet• Dietary guidelines for Indians and food pyramid	
Unit II: Nutrient requirements	4
<ul style="list-style-type: none">• Concept of minimum nutrient requirement and RDA• Overview of methods for assessment of nutrient needs	
Unit III	6
<ul style="list-style-type: none">• Energy metabolism – concept of energy balance, methods for assessing energy needs, components of energy expenditure and factors affecting the same	
Unit IV	6
<ul style="list-style-type: none">• Protein quality – definition, biological and chemical methods of assessment, factors affecting protein quality and methods of improving protein quality	
Unit V	30
Nutrition through the adult years – Physiological considerations, nutrient needs and RDA, dietary aspects for the following: <ul style="list-style-type: none">• Adults – Nutrition through adult years, nutritional concerns, diet and lifestyle related diseases and their prevention	

- Pregnancy – Physiological changes in pregnancy, effect of nutritional status on pregnancy outcome, optimal weight gain and its components, nutrition related problems in pregnancy and ways to control them.
- Lactation – Physiology of lactation, nutritional needs of a nursing mother, feeding the baby
- Elderly – Life expectancy, physiological changes in elderly, nutritional and health concerns in old age, factors contributing to longevity.

Recommended Readings

- Khanna K, Gupta S, Seth R, Passi SJ, Mahna R, Puri S (2013). *Textbook of Nutrition and Dietetics*. Phoenix Publishing House Pvt. Ltd.(in press)
- Stacy Nix (2009). *William's Basic Nutrition and Diet Therapy*, 13th Edition. Elsevier Mosby.
- Wardlaw GM, Hampi JS, DiSilvestro RA (2004). *Perspectives in Nutrition*, 6th edition. McGraw Hill.
- ICMR (2010) *Recommended Dietary Allowances for Indians*. Published by National Institute of Nutrition, Hyderabad.

NUTRITION FOR ADULTS AND ELDERLY

PRACTICAL

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

Objectives

This course will enable the student to:

1. Identify food sources of various nutrients.
2. Critically analyze nutrition information on food labels.
3. Plan and prepare nutritionally adequate diets for adults and elderly based on sex, activity, physiological conditions, regional and socio-economic categories.

Content	Practicals
Unit I. Identify nutrient rich sources of foods, their seasonal availability and price.	2
Unit II. Food groups and food pyramid, food exchange system and their application	2
Unit III. Planning and preparation of diets to suit different socioeconomic groups for:	6
• Adults	

- Pregnant and nursing mothers
- Elderly

Unit IV. Planning nutritious snacks for adults, pregnant and nursing mothers and elderly 4

Recommended Readings

- Seth V and Singh K (2012). *Diet Planning through the Life Cycle: Part 1. Nutrition for Adults and Elderly. 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.