

Name of Faculty	:	Faculty of Nursing
Name of Program	:	Post Basic B.Sc. Nursing
Course Code	:	1PBN02
Course Title	:	Nutrition and Dietetics
Type of Course	:	PC
Year of Introduction	:	2023-24

Pre requisite	:	Basic Knowledge of food elements.
Course Objective	:	This course is designed to provide the students with a wide knowledge of dietetics in Indian setting that the practice of teaching optimum and realistic dietary planning can become an integral part of nursing practice.
Course Outcomes	:	On completion of the course, the students will be able to
	CO1	Explain the principles and practices of nutrition and dietetics.
	CO2	Plan therapeutic diets in different settings.
	CO3	Identify nutritional needs of different age groups and plan diet accordingly.
	CO4	Prepare meals using different methods utilizing cookery rules.

Teaching and Examination Scheme

Teaching Scheme (Contact Hours)			Credits	Examination Marks				
				Theory Marks		Practical Marks		Total Marks
L	T	P	C	YEE	CIA	YEE	CIA	
1	0	1	1.25	35	15	0	0	50

Legends: L-Lecture; T-Tutorial/Teacher Guided Theory Practice; P - Practical, C - Credit, YEE - year End Examination, CIA - Continuous Internal Assessment (It consists of Assignments/Seminars/Presentations/MCQ Tests, etc.)

Course Content

Unit No.	Topics	Teaching Hours	Weightage	Mapping With COs
I.	<ul style="list-style-type: none"> • Introduction to nutrition and dietetics. • Balanced diet, factors on which it depends. • Factors to be considered in planning. • Guides available for planning. • Food hygiene, preparation and preservation • Review of nutrients –micro and macro. • Food chain, Food webs and ecological pyramids 	05	11.11%	CO1
II.	<ul style="list-style-type: none"> • Introduction to diet therapy • Routine hospital diets • Therapeutic diet under each unit i.e. cardiovascular disease, Gastro intestinal diseases, Renal disorders, endocrine and metabolic disorders, allergy, infections and fevers, pre and post operative stage, deficiency diseases and malnutrition, overweight and underweight. 	10	22.22%	CO2
III.	<ul style="list-style-type: none"> • Infant and child nutrition • Feeding of normal infants: factors to be considered in planning, nutritional requirements. • Feeding of premature infants: factors to be considered in planning, nutritional requirements. • Supplementary feeding of infants: Advantage and method of introduction. • Weaning, effects on mother and child 	07	15.55%	CO3

	<ul style="list-style-type: none"> Psychology of infant and child feeding. Feed the sick child. Diet in diseases of infancy and childhood. Deficiency states - malnutrition and under nutrition. Feeding pre-school child: nutritional needs, factors to be considered in planning diets. Problems in feeding. School lunch programme: Advantages, Need in India. 			
IV.	<ul style="list-style-type: none"> Community Nutrition: Need for community nutrition programme. Nutritional needs for special groups: infant, child, adolescent, pregnant woman, lactating mother and old people. Substitutes for non-vegetarian foods. Selection of cheap and nutritious foods. Nutrition education- needs and methods. Methods of assessing nutritional status of individual/group/community. Current nutritional problems and national programmes. 	08	17.77%	CO3, CO4

Suggested Distribution of Theory Marks Using Bloom's Taxonomy						
Level	Remembrance	Understanding	Application	Analyse	Evaluate	Create
Weightage	20	40	15	5	5	15

*NOTE: This specification table shall be treated as a general guideline for the students and the teachers.
The actual distribution of marks in the question paper may vary slightly from above table.*

Reference Books

1	Textbook of Nutrition and Dietetics for B.sc Nursing students by Monika Sharma, 3 rd edition, CBS Publications.
2	A comprehensive textbook of Applied Nutrition and Dietetics by Parshan Sohi, 3 rd edition, 2022, Jaypee Publications.
3	A comprehensive textbook of Nutrition for B.sc Nurses by Rishi Avasthi, 1 st edition, 2016, Jaypee Publication.
4	Applied Nutrition, Dietetics and Biochemistry for Basic B.sc Nursing By I clement, 2 nd editions, 2022, Jaypee Publication
5	Essentials of Nutrition and Dietetics for Nursing by Sheila John and Jasmine Devaselvam, 2 nd edition, Wolter kluwer publication.