

HIGHER SECONDARY (CLASSES XI AND XII)

NUTRITION (PG)

1. Nutrition for Health & Growth: Meal Planning to Meet Recommended Allowances.

Nutrition to-day. Basic Meal Pattern and its Modification to suit different. Income Levels, Age and Physiological State. Community Nutrition Programme. Role of the Dietitian in the Community. Estimation of Human Dietary Needs. Calorie Allowances. Interpretation and use of Tables. Meal Planning to Fit Personal & Family Needs. Menus and Market Order for a family of Four. Economy Hints. Regional, National and Cultural Food Patterns.

2. Diet in the Treatment of Disease/ Therapeutic Diet.

The Hospital Basic Diet. Progressive House Diets. Dietary Modifications for specific conditions. Nutritional Adequacy of Hospital Diets. Basic concept and Methods of (i) Orad Feeding (ii) Tube Feeding (iii) Parenteral Nutrition (iv) Intravenous Feeding. Diet During Febrile Condition, Infection & Surgical Condition. Role of Dietitian in the Hospital. Patient Check-up and councelling education of the patient follow up. Relation between Nutrition and Infection.

3. Nutrition in Pregnancy & Lactation

Nutritional demands of Pregnancy. Food selection in Pregnancy. Complications of Pregnancy involving diet. Diet during Labour Diet following delivery. Diet in Lactation.

4. Nutrition during Infancy

Breast Feeding. Formula Feeding. Digestive disturbances of Infacy. Weaning. Formulas: Types and Preparation. Supplementary Foods. The Infant Diet. Weight Gain.

5. Nutrition for Growth

Diet in Early Childhood. Elementary School Age. High School Age. Nutrition studies of Children. The School Lunch Programme. Nutritional Education. Evaluation of Growth & Nutritional Status.

6. Geriatric Nutrition

Adult Nutrition. Our aging Population. Food habits of Older People. Food requirements of Older People. Planning Meals for Older people.

7. Nutrition of Athletes

Nutrition Requirement. Meal Planning.

8. Diseases of Gastro-intestinal Tract, Liver and Biliary Diet.

The pathway of Digestion. Diagnostic Procedures. Peptic Ulcer, Gastritis, Diarrhoea, Colitis. Constipation. Flatulence. Dietary Modification in the Above Diseases.

9. Diseases of the Kidneys

Functions of Kidney. Nephritis. Glomeurlonehritis. Uremia. Kidney Failure. Nephrosis. Therapeutic Diet.

10. Dietary Therapy in

(a) Diabetes Mellitus & Obesity. (b) Cardiovascular Diseases : Hyperlipidemia Atherosclerosis Hypertension.