

Nutrition & Dietics

DEGREE STANDARD

I

- a) Food groups - basic 4, 5 and 7 and functional Food groups
- b) Importance of cooking - Methods - Advantages and disadvantages - physio - chemical changes.

II

Structure, Composition, nutritive value, selection, processing methods, principles of cooking.

- i) Cereals ii) Pulses iii)Vegetables and fruits

III

Structure, composition, Nutritive value, selection, storage, quality, kinds, methods of processing, uses in cookery

- i) Milk and Milk products
- ii) Fleshy foods - Meat, Poultry, fish and organ meats iii)Eggs

IV

- a) Beverages - classification - nutritive value and role in diet - Methods of preparation
- b) Spices and condiments - Commonly used 'Spices and condiments - uses and abuses'.

V

- a) Fats and oils : - Composition, Nutritive value, properties, storage, processing, factors affecting absorption, care during cooking.

- b) Sugar and Sugar cookery :- Types, Nutritive value, stages in sugar cookery and application in the preparation of Indian sweets.

VI

Food preservation - Importance of preservation.

- i) Food spoilage - Types, causes - principles of food preservation.
- ii) Methods - a) by using sugar
- iii) Drying and dehydration
- iv) Refrigeration and freezing
- v) Canning
- vi) Pickling
- vii) Chemical preservatives.

VII

- a) Energy:- Energy content of foods, bmr and total energy requirements.

- b) Carbohydrates, fats and proteins - classification, functions, digestion, absorption and metabolism, requirements, sources and effects of deficiency.

VIII

- a) Vitamins - water and fat voluable vitamins; chemistry, properties, functions, deficiency and toxicity.

- b) Minerals - Macro and Micro minerals - occurrence, functions, absorption, Sources, requirements, utilization, deficiency and toxicity.

IX

- a) Importance and principles of meal planning based on 5 food groups at different income level.

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b) ICMR Nutritional requirements for different age groups - Infancy, Children, Adolescents, Adults and the aged and Pregnancy and lactation.

X

a) Nutritional assessment - Methods - Advantages and disadvantages.

b) Malnutrition - causes, methods to alleviate malnutrition - importance of nutrition education.

c) Feeding programmes in action in State.

PAPER -II

I.

a) Diet Therapy - Definition, concept, principle, classification of therapeutic diets, feeding the patient.

b) Dietitian - Role, qualities, types

c) Diet counselling.

II.

Etiology, signs and symptoms, dietary modifications and counselling measures for

a) Gastro intestinal disorders - Peptic ulcer, diarrhea, constipation, malabsorption syndrome.

b) Liver and Gall Bladder: Hepatitis and cirrhosis, hepatic coma, cholelithiasis and cholecystitis.

c) Pancreas: Pancreatitis and diabetes mellitus

III.

Etiology, signs and symptoms dietary modifications and counselling measures for

a) Obesity and underweight

b) Cardio-vascular diseases : Hypertension, atherosclerosis, Ischemic heart diseases, cardiac failure

c) Renal disorders - nephritis, Nephrosis, Uremia and Renal failure, Renal Stones.

IV.

a) Diet in allergies, causes, tests, elimination diets.

b) Pre-Operative and post operative diets.

c) Cancer - causes, dietary modifications, different types of therapy.

V.

a) Types of catering - Commercial, transport, industrial and Hospital

b) Quantity cookery - Selection, Purchasing and storage, standardisation of recipe, portion control, utilisation of left over food.

VI.

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a) Organisation - Types and principles, organisational structure.

b) Management - Principles, techniques and leadership and managerial abilities - Tools of management.

VII.

Personnel Management - Selection, induction, training and supervision, motivation and performance appraisal, legal aspects of catering.

VIII.

a) Cost control - Principles and methods of food cost control

b) Sanitation and safety; Significance, health care measures - in preparation and service and for service personnel, safety measures in food service.

IX.

a) Art in food service - Design, selection, structural and decorative, Elements and principles of design, their application in food service institutions.

b) Colour - Colour schemes.

c) Flower arrangements - Types and styles

d) Table service - Styles - Indian, Western and oriental.

X.

a) Food plant - Layout, different work centres, Lighting, ventilation and Pest control.

b) Equipment

i) Major and Minor equipments, for food storage, preparation, service and cleaning.

ii) Their selection, arrangement, use, care and maintenance.