

# Nutrition and Dietetics

## ~~DIETETICS AND NUTRITION~~

### SEMESTER 1 UGNAD17101: BASICS OF NUTRITION

#### UNIT 1: INTRODUCTION TO NUTRITION

Definition of food, nutrition, nutrients  
Adequate, optimum and good nutrition  
Food as source of nutrients  
Classification of food  
Function of food  
Interrelationship between nutrition and health  
Digestion, absorption, transport and utilization of food in the body.

#### UNIT 2: MACRO NUTRIENTS

Food sources, functions and classification of:  
Carbohydrates  
Fats  
Proteins  
Water as a nutrient (sources and function)  
Roughage (role of fiber in nutrition)

#### UNIT 3: MICRO NUTRIENTS

Vitamins (sources, functions, and classification)  
Minerals (sources, functions of calcium, iron, iodine, sodium, potassium, zinc, fluorine)

#### UNIT 4: cooking and nutritional enhancement

Cooking: objectives, preliminary preparations, importance, different cooking methods (d and moist)  
Improving nutritional quality  
a. sprouting  
b. fermentation  
c. fortification

#### References:

1. robinson, c.h, lawler(1986) normal and therapeutic nutrition
2. swaminathan, m.s(1985) essentials of food and nutrition VI
3. Hughes, o.bennion, m(1970) introductory foods .

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PRACTICALS:

1. use of basic terminology in day to day cooking
2. weights and measures: standard and household measures for raw and cooked food
3. different cooking methods
  - a. pressure cooking
  - b. open pan cooking
  - c. broiling
  - d. braising
  - e. baking
  - f. roasting
  - g. frying
4. sprouting of pulses
5. basic fermentation technique
6. gluten formation.

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