



CLUSTER UNIVERSITY SRINAGAR

SYLLABUS (FYUP UNDER NEP 2020)

Offered By Department of Home Science/Paramedical Centre

Semester 1st Skill Enhancement Course (SEC)

Course Title: Dietetic Aide-I

Course Code: HSS/Q5201 (UGHSC23S102)

Credits: 4 (Theory: 1, Practical: 3)

Contact Hrs: 105 (Theory: 15, Practical: 90)

Max. Marks 100

Theory: 25; Min Marks: 10

Practical: 75, Min. Marks: 30

Objectives:

- To Understand specific dietary and nutritional needs as per prescription
- To maintain food hygiene
- To understand food handling techniques

Training Outcomes:

After completing this programme, candidates will be able to:

- Plan the menu according to specific dietary and nutritional needs as per prescription
- Employ different food preparation techniques as appropriate to the plan
- Maintain food hygiene
- Apply safe food handling techniques
- Describe the various safe food storage methods
- Provide the dietary information to the patient as per instructions from dietician
- Comply with approved food waste management practices
- Maintain interpersonal relationships with co-workers, patients and their family members

Unit I

Introduction to healthcare systems: Primary, secondary and tertiary healthcare service providers, various departments in a hospital and their functions; role of food and dietetics department in a hospital.

Unit II

Role of Dietetic Aide: Role and responsibilities of a dietetic aide, Terminologies related to dietetics, usage of the appropriate dietetics related medical terminology during role plays depicting conversations with colleagues, patients and family, usage of the various food storage and kitchen equipment; complying with the diet regulations, food handling, safety and sanitary standards.

Unit III

Introduction to human body structure and function: Organisation of body cells, tissues, organs, organ systems, membranes and glands in the human body; organ systems, body fluids, secretions and excretions, structure and functioning of human body systems using charts and models.

Unit IV

Introduction to dietetics: Scope of dietetics, concept of health and nutrition; nutrients and calories; macro and micro nutrients along with their functions; nutritional value of food items (vegetables, legumes/beans, fruits, meat, poultry, fish, eggs, nuts, seeds, beverages), components of balanced diet; food groups.

Personal hygiene: Hand-hygiene guidelines and procedures used in healthcare, Personal Protective Equipment (PPE), types of PPE, principles and techniques of proper usage of PPE.