

DIETETICS AND NUTRITION

SEMESTER 1

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 (dry 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 .