SYLLABUS
M.Sc. HOME SCIENCE
FOODS AND HUMAN NUTRITION
FIRST SEMESTER
2017-18
M.Sc. Home Science
FOODS AND HUMAN NUTRITION

First Semester Examination, 2012

Scheme of Examination:

1. Each theory paper EoSE shall carry 100 marks. The EoSE will be of 3 hours duration. Part ‘A’ of the theory paper shall contain 10 Short Answer Questions of 20 marks, based on knowledge, understanding and applications of the topics/texts covered in the syllabus. Each question will carry two marks for correct answer.

2. Part “B” of paper will consist of four questions as suggested below except in cases where a different scheme is specified in the syllabus.
   - First question will contain 6 parts out of which 4 to be answered carrying weightage of 5 marks each. Word limit for each answer will be 50-70 words.
   - There shall be 3 questions (with internal choice) of 20 marks each. The word limit for each answer will be 1000 words.

3. Each laboratory EoSE will be of 100 marks and of four/six hours duration and involve laboratory experiments/exercises, and viva-voce examination with weight-age of marks in ratio of 75:25.

Course Structure:
The details of the courses with code, title and the credits assigned are as given below.

Abbreviations used:

Subject Code: FHN

Course category:
CCC: Compulsory Core Course
ECC: Elective Core Course
SSECC: Self Study Elective Core Course
SSCCC: Self Study Compulsory Core Course
DIS: Dissertation

Contact hours
L: Lecture
T: Tutorial
P: Practical
### M.Sc. Home Science
#### FOODS AND HUMAN NUTRITION

**First Semester**

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<tr>
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<td>Human Physiology</td>
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**CCC = 18, ECC = 18**

Total = 36 credits

[Signature]

Dy. Registrar
(Academic)
University of防治り

AMPUR
SEMESTER I

NUTRITIONAL BIOCHEMISTRY – 1 (THEORY)

Paper Code : FHN 701
Credits: 4
Max. Marks : 100
Teaching Hours : 4 Hours / Week
Total Teaching Workload: 60 Hours/ Semester

Objectives:
1. To augment the biochemistry knowledge acquired at the undergraduate level.
2. To understand the basic nature of bio molecules.
3. To become proficient for specialization in nutrition.
4. To understand the mode of action of hormones in the human body.

Contents:
UNIT- I
1. Carbohydrates: classification, isomers, rings structure, proof of ring structure, reaction due to CHO group, sugar derivatives of biological importance, polysaccharides (homoglucans and heteroglucans), detailed structure of starch.
2. Lipids: Classification, Structure and chemical properties and characterization of
   - Saturated and unsaturated, Fatty acids, essential Fatty acids and their importance
   - Steroids
   - Fat
   - Phospholipids: Rancidity – Definition, types, mechanism, prevention

UNIT- II
4. Nucleic Acids: Structure, importance and role of
   - Bases
   - Nucleotides
   - Nucleosides
   - DNA
   - RNA

UNIT- III
5. Hormones: mode of action and biochemical role of
   - Interstitial Cell Stimulation Hormones
   - Adreno Cortico Tropic Hormone
   - Follicle Stimulating Hormone
   - Growth Hormone
   - Thyroid Stimulating Hormone
   - Steroidal Hormone (Adrenal Cortex, Sex Hormones)


References:

Dy. Registrar
(Academic)
University of Rajasthan
JAIPUR

FOOD SCIENCE AND QUALITY CONTROL (THEORY)

Paper Code : FHN 702
Credits: 4
Max. Marks : 100
Teaching Hours : 4 Hours / Week
Total Teaching Workload: 60 Hours/ Semester

Objectives:
1. To enable students to understand the physico-chemical properties of foods.
2. To make the students aware about effects of common food processing techniques on food.
3. Understand and know various aspects of food product development.

Contents:
UNIT-I

1. Physical, chemical and functional properties of protein, carbohydrates, lipids, water, pigment and
flavours.
2. Physical Properties of Food - Hydrogen ion concentration, oxidation-reduction potentials,
surface tension, adsorption, viscosity, plasticity, iso-electric points or proteins, colloidal chemistry
of foods - sols, gels, foams and emulsions.

UNIT-II

3. Food Processing Technique: freezing, thermal processing, dehydration, irradiation
4. Chemical, physical nutritional alteration occurring in food products during food processes:
freesing, thermal processing, dehydration, irradiation and environmental control.
5. Quality control and management.

UNIT-III

6. Important food quality attributes
   • Sensory quality - colour, texture, flavor and taste
   • Microbiological quality nutritional quality evaluation for food products.
   • Food Adulteration
   • Self-life studies
7. New Product Development


**HUMAN NUTRITIONAL REQUIREMENTS (PRACTICAL)**

**Paper Code:** FHN 711  
**Credits:** 6  
**Max. Marks:** 100  
**Teaching Hours:** 3 Practicals/Week (3 Hours/Practical)  
**Total Teaching Workload:** 45 Practicals/Semester

**Objectives:**
1. To calculate requirements of energy, protein, minerals and vitamins for different age groups
2. To compare intakes with the RDAs
3. To evaluate protein quality by using different methods

**Contents:**

**Practicals**

1. **Energy requirements**
   - Calculation of BMR using different methods – 3 sets of data
   - Calculation of energy requirement for
     - Reference adult man and woman
     - Adults of different body weights and age categories
     - Infants
     - Children of 2-3 ages
     - Adolescents of 2-3 ages
     - Pregnant woman
     - Lactating woman
   - Energy balance study for one week.
   - Calculation of energy requirement by indirect calorimetry

2. **Protein requirements**
   - Calculation of protein allowances for
     - Reference adult man and woman
     - Infants, and children of 2-3 ages
     - Adolescents of 2-3 ages
     - Pregnant woman
     - Lactating woman
   - Protein energy ratio for different age groups

3. **Lipids**
• Comparison of fatty acid composition profile of various edible fats and oils available in the market.
• Critical analysis of labelling of processed foods for fatty acid composition profile.
• Determination of the types of fat and fat composition of the diets through 24 hour recall of a subject and compare it with suggested values for SFA, PUFA, MUFA and Essential fatty acids.
• Calculation of dietary fatty acids according to FAO/WHO recommendations for
  ▪ Adult man and woman
  ▪ Pregnant and lactating woman
  ▪ Children of different ages
  ▪ Adolescents of different ages

4. Fibre
Determination of dietary fibre through 24 hour recall and comparison with suggested values for fibre

5. Minerals & Vitamins
• Estimation of calcium requirement through factorial approach
• Visit to DEXA centre for observation of bone density measurement.
• Estimation of iron requirement during pregnancy
• Research design for calcium and iron balance
• Determination of Vitamin C requirement using load test
• Make a list of foods which fulfill one day’s requirement of the following nutrients.  
  i)  
  Calcium
  
  ii) Sodium
  iii) Iron
  iv) Vitamin A
  v) Potassium
  vi) Folic acid

Dietary Guidelines


7. Nutritional requirements for Disaster Management.
• Plan a day’s menu and rations for a relief camp.

8. Evaluation of protein quality
• Calculation of chemical score of different foods and food products.
• Calculation of NDp Cal% of
  ▪ A snack meal
  ▪ A mix for PDS system.

Research design for evaluation of protein quality by biological and clinical methods.

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RESEARCH METHODOLOGY (THEORY)

Paper Code: FHN A01
Credits: 4
Max. Marks: 100
Teaching Hours: 4 Hours/Week
**Teaching Workload: 60 Hours/Semester**

**Objectives:**
1. To understand the basic concepts of research methodology.
2. To be able to understand the various steps of research methods.
3. To enable the students to understand various research designs, sampling techniques, methods of collecting data.
4. To enable the students to prepare and present report for dissertation purpose.

**Contents:**

**UNIT-I**
1. Research purpose and objectives.
2. Definition and Identification of research problems, selection of problem, hypotheses, basis assumption and limitation of problem.
3. Review of literature: Importance, sources and writing review of literature.
4. Research designs: Purpose and types.

**UNIT-II**
5. Technique of sampling- Census and sampling methods, probability and non-probability sampling procedures, sample size.
6. Data gathering instruments, measurements and scales, reliability and validity of measuring instruments- Questionnaire, Schedule, Score card, Checklist.
7. Methods of collecting data: Questionnaire, interview technique, observation, case study, focus group discussion.

**UNIT-III**
8. Planning, executing and analysis of large scale surveys with special emphasis of surveys in Home Science.

**References:**
**HUMAN PHYSIOLOGY (THEORY)**

**Paper Code:** FHIN A02  
**Credits:** 4  
**Max. Marks:** 100  
**Teaching Hours:** 4 Hours/Week  
**Total Teaching workload:** 60 Hours /Semester

**Objectives:**
1. To familiarize the students with the basic anatomy of human body.  
2. To enable the students to understand the physiological processes.

**Contents:**

**UNIT- I**

**Hours**

1. Cell structure and functions- levels of cellular organizations and functions-organelles, nucleus, cytoplasm, tissues and systems. Functions of lysosomes, endoplasmic reticulum, Golgi apparatus and mitochondria, Mitosis. Structure of cell membrane, active and passive transport of nutrients and metabolites, intercellular communications.  
2. Endocrine system: structure, function, storage, secretion, regulation of hormonal secretion.  
3. Digestive System: Structure and function of various organs of gastro-intestinal tract, secretory, digestive and absorptive functions. Role of liver, pancreas, gall bladder and their dysfunction. Motility and hormones of the GIT.

**UNIT- II**

4. Respiratory System: Structure, function, mechanism of respiration-Pulmonary ventilation, Role of lungs in the exchange of gases. Transport of oxygen and CO₂ in the lungs, blood and tissues. Role of hemoglobin and buffer systems. Regulation of respiration.  
5. Circulatory System: Structure and function of the heart and blood vessels. Regulation of cardiac output, cardiac cycle, blood-pressure and factors affecting it.  

**UNIT- III**

7. Physiological functions of Pituitary, Thyroid, Parathyroid, Adrenal and Reproductive Hormones.  
8. Regulation of body temperature: Thermo genesis, thermolysis, pyrexia, hypothermia, role of skin in maintaining body temperature.  
9. Musculo-skeletal system: structure and functions of bone, cartilage and connective tissue and muscle fibres. Disorder of the skeletal system. Types of muscles, structure and function.  
10. Changes in muscle and bone mass during ageing and disease. Major muscles used for voluntary and involuntary actions.  
11. Exercise physiology.

**References:**

**Dy. Registrar**  
(Academic)  
University of Rajasthan  
JAIPUR

NUTRITIONAL BIOCHEMISTRY – I (PRACTICAL)

Paper Code: FHN A11
Credits: 4
Max. Marks: 100
Teaching Hours: 2 Practicals / Week (3 hours/Practical)
Total Teaching Workload: 24 Practicals/Semester

Objectives:

1. To demonstrate the need for careful planning and organization of laboratory work and skilful execution of practical/experiments.
2. To develop an understanding of the principles of various biochemical techniques.
3. To develop competence in biochemical estimations.
4. To apply the knowledge acquired from the biochemical estimation to human nutrition.

Contents
Practicals

1. Principles in biochemistry – Introduction to working principles of:
   - Spectrophotometry
   - Chromatography
   - Electrophoresis
   - Acid base titration, redox titration

2. Cleaning of glassware with soap, chromic acid and distilled water

3. Titrimetric estimations
   - Determination of strength of acids and bases (single and double titration)
   - Oxidation reduction titration - by KMnO4
   - Estimation of vitamin C in lemon juice or any other fresh food stuff.

4. Preparation of buffers and measurements of their pH with indicators and pH meter.
5. Estimation of Protein by Kjeldahl’s Method.
6. Colorimetric estimations (in unknown solution)
   - Glucose
   - Cholesterol

FOOD SCIENCE AND QUALITY CONTROL (PRACTICAL)

Paper Code: FHN A12
Credits: 4
Max. Marks: 100
Teaching Hours: 2 Practicals / Week (3 Hours/Practical)
Total Teaching Workload: 24 Practicals/Week

Objectives:
To develop an understanding of the principles of various techniques of nutritional assessment.
2. To develop competence in recording and interpretation of anthropometric measurements.
3. To develop skills in conducting dietary surveys and data interpretation.
4. To develop understanding and skills in clinical observation.

Contents:

Practicals

1. Physical examination of various food grains.
2. Detection of adulteration: Milk, turmeric powder, pure ghee, wheat flour, khoa.
3. Determination of the Moisture content in two raw and two processed foods.
4. Determination of the acid insoluble ash in two raw and two processed foods.
5. Determination of the Crude fibre content in two raw and two processed foods.
6. Determination of the Protein Content in two raw and two processed foods using kjeldahl method.
8. Survey of convenience and ready to eat foods available in markets food list with nutrition, composition and food label.
9. Systematic development of a new food product and its standardization within the BIS stipulated food standards and regulation and evaluate quality parameters for acceptability, labelling and cost of the finished product.
10. Visit to small scale food product unit

**HUMAN PHYSIOLOGY (PRACTICAL)**

Paper Code: FHN A13
Credits: 2
Max. Marks: 100
Teaching Hours: 1 Practical / Week (3 Hours/Practical)
Total Teaching Workload: 15 Practicals /Semester

Objectives:
1. To make students understand the various Biochemical techniques used in for diagnosis of disease.
2. To make students understand test of fitness.

Contents:

1. Use of Respirometer to estimate respiratory quotient visit for demonstration
   Calculation of values for different age groups and ages
   - Adults
   - Children & adolescents
2. Estimation of hemoglobin by two techniques to be used in
   - field
   - laboratory
3. Estimation of Blood pH
4. Measurement of blood pressure
   - Conditions required for measurement
   - Measurement of different age groups
5. Tests to measure physical fitness:
   - Fitness test
   - Physical endurance test
6. Urine Estimations
4. Albumin in urine
- Glucose in urine
- Acid base balance in urine

7. Case study of endocrine disorder patient

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University of Rajasthan
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SYLLABUS
M.Sc. HOME SCIENCE
FOODS AND HUMAN NUTRITION
SECOND SEMESTER

2017-18
## Second Semester

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CCC = 18, 
ECC = 18 
Total = 36 credits
SEMESTER II

NUTRITIONAL BIOCHEMISTRY- II (THEORY)

Paper Code : FHN 801
Max. Marks : 100
Credits: 4
Teaching Hours : 4 Hours / Week
Total Teaching Workload: 60 Hours/ Semester

Objectives :
1. To understand the basic nature and role of bio molecules.
2. To understand the mechanisms adopted by the human body for regulation of metabolic pathways.
3. To get an insight into interrelationships between various metabolic pathways.
4. To link metabolic events occurring at the cellular level.
5. To become proficient for specialization in nutrition.

Contents:
UNIT- I

1. Vitamins
   Chemistry and biochemical role of
   - Water soluble vitamins: B-Complex and C
   - Fat soluble vitamins: A,D,E and K

2. Minerals
   - Biochemical role of minerals.

UNIT- II

3. Enzymes
   Classification, co-enzymes, methods of isolation, purification and characterization, theories and mechanism of enzyme action, factors affecting reaction of enzyme - effect of time, temperature, pH substrate enzyme activator and inhibitor (types of inhibitors), Km - its derivation and significance, elements of thermodynamics - enthalpy, entropy and free energy, active site and specificity of enzymes.

4. Intermediary metabolism and it's regulation
   - Carbohydrates - Glycolysis, TCA cycle, respiratory chain, high energy link, biological redox potential, Gluconeogenesis, hexose monophosphate shunt.
   - Lipids - α, β and ω oxidation of fatty acids, β oxidation of odd and even number
fatty acids, synthesis of fatty acids, phosphatidic acid, ketosis, synthesis of cholesterol.

- Proteins – absorption and conversion of amino acids, nitrogen fixation, degradation of ammonia and removal of amino acids through deamination, transamination, decarboxylation and urea cycle.

UNIT-III


6. Organ interrelationship in the metabolism

- Transport between organs – blood.
- The liver and its function in distribution of nutrients
- Adipose tissue
- Skeletal muscles
- The brain
- The heart
- Diabetes mellitus

7. Metabolic interplay in cancer

References:

**FOOD MICROBIOLOGY AND FOOD SAFETY (THEORY)**

**Paper code:** FHN 802  
**Credits:** 4  
**Max. Marks:** 100  
**Teaching Hours:** 4 Hours/Week  
**Total Teaching Workload:** 60 Hours/Semester

**Objectives:**

1. To understand the role of microorganisms in food, food spoilage and to understand advanced techniques of food preservation.  
2. To learn about food-borne infections and intoxication.  
3. To understand the criteria for microbiological safety in various food operations to avoid public health hazards due to food contamination.  
4. To be able to understand the food safety and criteria for microbiological safety in various food operations to avoid public health hazards due to food contamination.

**Contents:**

**UNIT I**

1. History and development of food microbiology  
4. Principles of preservation  
   - General principles of food preservation: asepsis, removal, anaerobic conditions  
   - Preservation by use of  
     - drying,  
     - low temperatures  
     - high temperatures  
     - irradiation  
     - food additives

**UNIT II**

5. Contamination, preservation, and spoilage of different kinds of foods  
   - Cereals and it’s products  
   - Sugar and it’s products  
   - Vegetables and fruits  
   - Eggs  
   - Milk and it’s products  
   - Canned foods (Spoilage only)  
6. Microbiology of fermented foods.  
   - Vinegar, Cheese, Beer  
   - Indian fermented foods: Idli, Dosa, Vada, Curd  
7. Single cell proteins (SCP)
8. Probiotics

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<td>Introduction to probiotics, Overview of gut environment, types of probiotics, mechanism of action, health benefits, prebiotics</td>
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**UNIT III**

9. Role of Microbes in health and disease

- Public health Hazards and Food borne illnesses due to microbial contamination
  - Causes, food association, habitat, toxins, disease and symptoms, prevention of the following
    - Food borne intoxications
      - Botulism
      - Staphylococci
      - Mycotoxicosis
    - Food borne infections
      - Salmonella
      - E. Coli
      - Clostridium

10. Food Safety requirements for different food service establishments and safety measures

(a) Definition of food safety, regulatory agencies, WHO and FAO

(b) Food Safety regulations and laws in India

  i. Food safety and Regulations 2011
     - Part III Section 4
       - Sanitary and Hygienic Requirements for Street Food Vendors and Units other than Manufacturing/Processing
  ii. Part II Section 4 Annexure 3
      - Conditions of License

(c) Food security assurance systems

  i. Good Hygienic Practices (GHP)
  ii. Good Manufacturing Practices (GMP)
  iii. Food Safety Management Systems- HACCP
  iv. Food Safety Management System- ISO 22000
     - Quality Management System- ISO 9001

References:

2. The Training manual for Safety Regulators and Food Safety Management, 2010, FSSAI.
Microbiology, II ed., 2008.
13. Foods Safety and Standards Authority Of India (Ministry Of Health and Family Welfare)
14. FDA Bhavan, Kotla Road, New Delhi – 110 002 Website: www.fssai.gov.in

HUMAN NUTRITIONAL PROBLEMS (THEORY)

Paper code: FHN 803
Credits : 4
Max. Marks:100
Teaching Hours : 4 Hours/Week
Total Teaching Workload : 60 Hours/Semester

Objectives:

1. To create understanding about nutritional assessment techniques applicable for individuals and community.
2. To create understanding of various nutritional problems.
3. To create understanding about various inborn errors of metabolism and their dietary management.

Contents:

UNIT I

1. Prevalence, etiology, biochemical and clinical manifestations, diagnostic technique, preventive and therapeutic measures for the following nutritional problems.
   - Protein Energy malnutrition
   - Vitamin A deficiency
   - Anaemia
   - Iodine Deficiency Disorders
   - Fluorosis
   - Rickets, osteomalacia and osteoporosis
   - Berberis
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<tr>
<td>2. Assessment of Nutritional Status. Various techniques for assessment of nutritional status:</td>
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<td>• Anthropometric measurements:</td>
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<tr>
<td>• Definition, measurements, tools/instruments.</td>
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<td>• Techniques for measurements, standards for references, indices, classification, interpretation of data.</td>
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<td>• Use of anthropometry for onetime assessment, growth monitoring and emergency situation.</td>
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<td>• Biochemical estimations for diagnosis of protein energy malnutrition, vitamin A deficiency, anaemia, iodine deficiency disorders, fluorosis: Parameters, techniques for estimation, reference value</td>
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<td>• Clinical examination</td>
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<td>• Dietary survey</td>
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<td>• Vital statistics</td>
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<td>3. Introduction to causative factors, biochemical and clinical manifestation, treatment and therapeutic measures of following Inborn errors of metabolism:</td>
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<td>Disorders of amino acid metabolism i.e.</td>
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<td>• Phenylketonuria.</td>
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<td>• Hypertyrosinaemia.</td>
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<td>• Hypervalaemia.</td>
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<td>• Hyperhistidinaemia.</td>
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<td>• Hyper lysinaemia.</td>
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<td>• Homocystinuria.</td>
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<td>4. Carbohydrate metabolism i.e Pentosuria, galactosaemia</td>
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<td>5. Lipid metabolism i.e. Hyper chylomicronaemia, pure hyper cholesterolanaemia</td>
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<td>6. Food Safety and contamination</td>
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<td>• Naturally occurring toxins and anti-nutritional factors:</td>
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<td>• Lathyrisn.</td>
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<td>• Epidemic dropsy.</td>
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References:
1. Vir SC. Public Health Nutrition in Developing Countries Pt 1 and 2. Published by Wood head.

**HUMAN NUTRITIONAL PROBLEMS (PRACTICAL)**

**Paper code:** FHN 811  
**Credits:** 6  
**Max. Marks:** 100  
**Teaching Hours:** 3 Practicals/ Week (3 Hours/ Practical)  
**Total Teaching Workload:** 45 Practicals/Semester  

**Objectives**  
1. To develop an understanding of the principles of various techniques of nutritional assessment.  
2. To develop competence in recording and interpretation of anthropometric measurements.  
3. To develop skills in conducting dietary surveys and data interpretation.  
4. To develop understanding and skills in clinical observation.  

**Contents:**  
1. Preparation of event calendar of past five years for assessment of age.
2. Assessment of nutritional status of infants using anthropometric measurements:
   - Preparation of questionnaire, learn techniques of recording weight length and MUAC.
   - Data collection (at least 10 infants)
   - Data interpretation using WHO Z scores and report.
   - Data interpretation using WHO growth.

3. Assessment of nutritional status of preschool children using anthropometric measurements:
   - Preparation of questionnaire, learn techniques of recording height and weight using bathroom weighing scale as well as Salter weighting balance and MUAC.
   - Data collection (at least 10 preschool children).
   - Data interpretation using WHO growth standards and report writing.

4. Assessment of nutritional status of school going children using anthropometric measurements:
   - Preparation of questionnaire, data collection (at least 10 children).
   - Data interpretation using WHO growth standards and report writing.

5. Assessment of nutritional status of adolescent boys and girls using anthropometric measurements:
   - Preparation of questionnaire and data collection.
   - Data interpretation using WHO growth standards and BMI for age and height for age indices and report writing.

6. Assessment of nutritional status of adults using anthropometric measurements:
   - Preparation of questionnaire, learning techniques of measuring waist circumference and hip circumference and calculation of WHR.
   - Data collection.

7. Determination of haemoglobin level in blood sample of any age group and interpretation and comparison of results using: Sahli's, hemocheck and cyanmethhemoglobin technique.

8. Assessment of nutritional anaemia among college going students using haemoglobin estimation and clinical signs and symptoms of anaemia:
   - Preparation of questionnaire, learn the techniques.
   - Data collection (at least 10 students)
   - Data interpretation and report writing.

9. Assessment of nutritional anaemia among college going students using Haemoglobin estimation and clinical signs and symptoms of anaemia:
   - Preparation of questionnaire and learn the techniques.
9. Assessment of food and nutrient availability of inmates of any hostel/orphanage/old age home etc. using food inventory methods.
   - Preparation of questionnaire and learn the techniques.
   - Data collection on 1st day of week.
   - Data collection on 7th day of week.
   - Data interpretation and report writing.

10. Assessment of food and nutrient intake using 24 hours dietary recall methods
    - Preparation of questionnaire and learn the technique.
    - Standardization of recipes, using standardized cups, spoons, glasses, preparation of cut outs
    - Data collection, conversion of cooked foods into raw ingredients and food and nutrient calculation, using Diet Cal Software and report writing.

11. Assessment of food consumption pattern using diet history method.
    - Preparation of questionnaire, learn the technique.
    - Data collection, interpretation of results and report writing.

12. Assessment of diet and nutrient intake using qualitative as well as quantitative food frequency questionnaire.

13. Visit to malnutrition treatment centres in hospital – Observation of clinical symptoms of PEM and other symptoms of SAM child.

14. Planning and preparation of diets of in-patient admissions of severe acute malnutrition in children

15. Case study of children suffering from SAM

16. Design a research to study prevalence of major nutritional problems among pre-school children.

17. Design a research to study prevalence of major nutritional problems among adolescent girls.

References:


2. Sehgal S and Raghuvanshi Rita S Textbook of Community Nutrition, Indian Council of Agricultural Research, Published by: Directorate of Information and Publication of Agriculture, Indian Council of Agriculture Research, Krishi Anusandhan Bhawan, Pusa, New Delhi-110012


**STATISTICS (THEORY)**

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Credits : 4</td>
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<tr>
<td>Max. Marks:100</td>
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<tr>
<td>Teaching Hours :4 Hours/Week</td>
</tr>
<tr>
<td>Total Teaching Workload :60 Hours/Semester</td>
</tr>
</tbody>
</table>

**Objectives:**
1. To understand the basic concepts of statistics.
2. To enable the students to understand various types of statistical tools and their interpretation

**Contents:**

**UNIT –I**

1. Meaning and scope of Statistics and its importance in research
2. Classification and tabulation.
3. Measures of central tendency and dispersion (Mean Median, Mode, Quartiles, Range and Standard Deviation).
4. Graphic and diagrammatic representation of data (Frequency, Histogram, Graphs, Bar-diagram and Pie charts).

**UNIT –II**

5. Elementary ideas on probability (Simple Probability) skewness and kurtosis definition. Elementary ideas of random variable and its density function (Binomial, Poison, Uniform, Normal variate: Normal distribution and its properties, Use of Normal probability tables).
7. Design of Experiment: Analysis of Variance

**UNIT –III**

[Signature]
5. Elementary ideas on probability (Simple Probability) skewness and kurtosis definition. Elementary ideas of random variable and its density function (Binomial, Poisson, Uniform, Normal varieties, Normal distribution and its properties, Use of Normal probability tables).

UNIT –III
9. Non-parametric Inference: Sign, Mann Whitney and Chi square test (as goodness of fit and independence of attributes in 2x2 and rxc contingency tables).
10. Use of computer for statistical analysis using SPSS.

References:

FOOD PROCESSING (THEORY)

Paper Code : FHIN B02
Credits: 4
Max. Marks: 100
Teaching Hours : 4 Hours/Weeks
Total Teaching Workload : 60 Hours/Semester

Objectives:
1. To impart systematic knowledge of basic and applied aspects in food processing and technology
2. To enable the students to understand food composition and its physico-chemical, nutritional and sensory aspects
3. To gain in depth knowledge about processing and preservation techniques of cereals, pulses, oilseeds, meat and their products
4. To optimise process parameter for consistent quality processed food products

Contents:

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(Academic)
University of Rajasthan
JALIPIP
### UNIT I

1. Brief introduction of Cereals and legumes

### UNIT II

7. Dairy and Flesh Food Technology
9. Milk Products: milk powder, Khoa, Cottage cheese, butter, butter oil, margarine, cheese, ice cream, commercial processing. BIS Standards, Packaging and distribution.
10. Meat: slaughtering and related practices, pre slaughter handling, grading, ageing, curing, smoking and tenderizing of meat, meat pigments and color changes, cooking, storage, methods of preservation for value addition and spoilage. Sausages and table ready meat products.
11. Poultry: Production consideration, processing plant operation (slaughter and bleeding, scalding, defeathering, eviscerating, chilling and packaging), cooking, tenderness, flavor and color changes.
12. Eggs: Structure, quality factors, storage, bacterial infection and pasteurization, freezing, drying and egg substitutes.
13. Fish: Types of fishes, onboard handling and preservation, drying and dehydration, salt curing, smoking, marinades, fermented products, canning, Modified Atmosphere Packaging and quality factors.
14. Oils and fats technology
15. Production and processing methods of fats and oils, hydrogenation
16. Fat and oil Products: Margarine shortenings and frying oils, Mayonnaise and salad dressings, fat substitutes.
17. Ripening of fruits and Food spoilage

### References:

Paper Code: FHN B11
Credits: 4
Max. Marks: 100
Teaching Hours: 2 Practicals/Week (3 Hours/Practical)
Total Teaching Load: 30 Practicals/Semester

Objectives:

1. To demonstrate the need for careful planning and organization of laboratory work and skilful execution of practical/experiments.
2. To develop an understanding of the principles of various biochemical techniques.
3. To develop competence in biochemical estimations.
4. To apply the knowledge acquired from the biochemical estimation to human nutrition.

Contents:

1. Titrimetric estimation: Determination of calcium in milk powder, CaCO₃ solution.
2. Colorimetric estimation (in unknown solution)
   - Determination of Iron in Ferrous Ammonium sulphate solution and in blood.
   - Determination of Haemoglobin in blood by colorimetric method.
   - Determination of phosphorus in milk and phosphorus solution by F.S. colorimetric method.
   - Determination of protein by Lowry/ Biuret method.
3. Enzymes assays
   - Determination of Alkaline phosphatase Enzyme.
   - Determination of Transaminase enzyme (GOT and GPT)
4. Paper Chromatographic separation of Amino Acids by
   - Circular method
   - Ascending and
   - Descending methods

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**FOOD MICROBIOLOGY (PRACTICAL)**

**Paper code:** FHN B12  
**Credits:** 4  
**Max. Mark:** 100  
**Teaching Hours:** 2 Practicals/Week (3 Hours/Practical)  
**Total Teaching Workload:** 30 Practicals/Semester

**Objectives:**
1. To understand the functioning of a microscope.  
2. To understand the technique of culturing and staining strategies.  
3. To learn about the microbiology of foods.

**Contents:**

1. Principles, use and maintenance of microscope.

2. Functioning and use of various microbiology laboratory equipments.

3. i) Preparation of Culture media:
   - Preparation of General Purpose Media
   - Preparation of Selective and Differential Medium

   ii) Techniques of Culturing:
   - Sub-culturing of a given culture

   iii) Pure Culture Techniques:
   - Isolation of Pure Culture of Bacteria by Streak Plate Method

4. Quantitative Techniques:
   - Estimation of Amount of Bacteria by Pour Plate Method
   - Quantitative Determination of Viable Microbes

5. Colony characteristics:
   - Preparation of culture media in the Laboratory and streaking
   - Observation of colony characteristics.

6. Staining Strategies in the Laboratory:
   - Preparation of bacterial smear
   - Simple Staining of Bacterial Culture
   - Gram Staining of Bacterial Culture
• Determination of the Quality of Milk sample by Methylene Blue Reduction Test

9. Microbiological Analysis of Food Samples: ice cream/ butter/ cheese/ curd/ fruits/ juices etc:
   • Observation and Recording for these Exercises

10. Sampling and Analysis of Microbial Load on Food Contact Surfaces:
    • Assessing Sanitary Quality of Contact Surface by Swab Method
    • Analysis of Air of Processing Facility for Microbial Load

11. Preparation of fermented foods – Sauerkrat and soya sauce

12. Field visit to concerned food plants to food safety and HACCP practices.

13. Field visit to any two food vendors to assess the food safety norms being followed.

**FOOD PROCESSING (PRACTICAL)**

**Paper Code: FHN B13**
**Credits: 4**
**Max. Marks: 100**
**Teaching Hours : 2 Practicals/Week (3 Hours/Practical)**
**Total Teaching Load: 15 Practicals/Semester**

**Objectives:**
1. To understand the raw materials analysis and their processing technology used in different products development.
2. To understand the processing technologies of different products and concept of product optimization
3. To impart systematic knowledge of basic and applied aspects in food processing and technology
4. To enable the student to understand food composition and its physico chemical, nutritional and sensory aspects.
5. To gain indepth knowledge about processing and preservation techniques of milk products technology and fruits and vegetables technology.

**Contents:**

1. Cereal and Cereal Products Technology
   (A) Bread baking
      a) Quality testing of different flour:
         • Gluten quality and quantity
         • Moisture and ash percent
         • Water Absorption Power (WAP)
         • Pekar color test
         • Maltose value
         • Falling Number
         • Dough Raising Capacity
1. Cereal and Cereal Products Technology
   (A) Bread baking
   a) Quality testing of different flour:
      • Gluten quality and quantity
      • Moisture and ash percent
      • Water Absorption Power (WAP)
      • Pekar color test
      • Maltose value
      • Falling Number
      • Dough Raising Capacity
   b) Bread Processing: process optimization of
      • Straight dough method
      • Sponge and dough method (delayed salt method)
      • Potassium bromate response of different flours
      • Optimization of brown bread process
      • Preparation of sweet buns
      • Preparation of pizza base
   (B) Biscuits and cakes
      • Preparation of short and hard dough biscuits and packaging and shelf life studies for 5 weeks
      • Preparation of sponge and cream cakes
         packaging and shelf life studies for 5 weeks

2. Visit to milk processing industry

3. Milk and milk products technology
   • Chemical analysis of milk and determination of its components like fat, SNF, protein, TSS
   • Detection of preservatives in milk (boric acid and borate)
   • Detection of adulterants in milk and analysis of cheese, paneer, khoa as per BIS standards
   • Tests to judge the efficiency of pasteurization and homogenization

4. Fruits and Vegetable Technology
   • Analysis of Proximate principles: Carbohydrate, sugars, ash, moisture, fat and protein.
   • Experiment on control of enzyme activity, enzyme inactivation in fruits and vegetables
   • Preservation of fruits and vegetables using heat, salt and sugar and estimation of effect of processing on nutrients and color
   • Processing of tomato products
   • Processing of jams, jellies and marmalades
   • Processing of pickles and brines
   • Estimation of acidity, total solids of different foods - Squashes, syrups and juice
5. Fat and oil technology
   - Fat absorbance.
   - Degree of unsaturation
   - Peroxide value
   - Acid value
   - Saponification value

- Dehydration of fruits, and vegetables and shelf life studies: its effect on color, texture and flavor. Rehydration ratio, rehydration coefficient
- Preservation of fruits and vegetables using low temperature
SYLLABUS
M.Sc. HOME SCIENCE
FOODS AND HUMAN NUTRITION
THIRD SEMESTER
### Third Semester

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**CCC = 18, ECC = 18**

**Total = 36 credits**

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**Dy. Registrar (Academic)**
**University of Peshawar**

72
Third Semester

CLINICAL NUTRITION AND DIETETICS – I (THEORY)

Paper code: FHN 901
Credits: 4
Max. Marks: 100
Teaching Hours: 4 Hours/Week
Total Teaching Workload: 60 Hours/Semester

Objectives:

- To enable the students to understand about body composition and its application in nutrition and health.
- Identification of high risk patients, malnutrition in hospital patients.
- To enable the students to understand the special nutrition concerns and the dietary management of various diseases.
- To give practical insight for assessment, nutritional care and counseling to patients.

UNIT I

1. Body Composition
   - Body composition and cellular basis of growth
   - Significance and methods used for measurement of body composition in nutrition.
   - Application of body composition in nutrition and health.
   - Cellular Growth and development during life cycle

2. Pathophysiology, etiology, clinical features, prevention and dietary management of Obesity and Eating disorders
   - Obesity
   - Anorexia Nervosa
   - Bulimia Nervosa

3. Geriatric Nutrition
   - Ageing process
   - Cellular basis of Ageing
   - Nutritional and Medical problems of elderly
   - Nutritional care and lifestyle modifications in elderly persons
   - Management of Common ailments related to ageing

UNIT II

4. Nutrition Care Process in Hospitalized Patients
   - Nutrition care process
   - Interpretation of routine medical and laboratory data

5. Methods of Feeding:

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(Stamp)
6. Enteral and Parenteral feeding

Nutritional care of hospitalized children
- Nutritional care of neonates
- Nutrient modifications and special feeding problems
- Nutritional care of Malnourished children

7. Food Allergies
8. Clinical features, diagnosis and management of Food Allergy and food intolerance.
9. Immunity and Nutrition

UNIT III

10. Classification, Aetiology, Clinical features, diagnosis, prevention and dietary management of Gastrointestinal Diseases
- GERD.
- Peptic Ulcer.
- Constipation.
- Diarrhoea.
- Celiac Disease.
- Irritable Bowel Disease.
- Ulcerative Colitis

11. Classification, Aetiology, Clinical features, diagnosis, prevention and dietary management of Liver and Pancreatic Diseases
- Hepatitis.
- Liver Cirrhosis - ALD & NALD
- Fatty liver
- Hepatic Coma
- Pancreatitis

References:

**Journals**
1. Indian Journal of Nutrition and Dietetics
2. American Journal of Nutrition
3. World Review of Nutrition and Dietetics

**PUBLIC HEALTH NUTRITION - 1 (THEORY)**

**Paper Code:** FHN 902  
**Credits:** 4  
**Max. Marks:** 100  
**Teaching Hours:** 4 Hours /Week  
**Total Teaching Workload:** 60 Hours /Semester

**Objectives:**
1. Gain insight into national nutritional problem, and national & international contribution towards nutrition improvement in India.
2. Development of skills in organizing and evaluating nutrition projects in the community.
3. To be familiar with various approaches to public health nutrition programs and policies.

**Contents:**

**UNIT- I**  
**Public Nutrition and Health Care System**
1. Concept and scope of public health nutrition
2. Levels of Health care and Health care system in India
3. National Policy: Health, nutrition and population
4. Brief note on : Dual burden of malnutrition, National Health Mission, Millennium Development Goals
5. Nutritional Epidemiology  
   - Definition, aims, basic measurement and applications
   - Study designs - methods applied in conducting nutrition research
   - Measuring exposure (diet) outcome (diseases) relationship and their interpretation

**UNIT- II**

6. Assessing and Intervening the Community’s Nutritional Needs  
   - Community Need Assessment  
   - Reaching out to High Risk population

7. Promoting the Public's Nutritional Health  
   - Growing a Healthier Nation: Maternal, Infant, Child and Adolescent Nutrition  
   - Importance of Public Health Nutrition Programs in Preventing Disease and Promoting Health  
   - Providing Services in Public Health Primary care

**UNIT- III**
Public Health Aspects of under nutrition

8. Etiology. Public Health Implications. preventive/curative strategies for:
   - Chronic energy deficiency
   - Protein energy malnutrition
   - Micronutrient deficiency

9. Approaches/strategies for improving nutrition and health status of community:
   - Health based interventions including immunization, provision of safe drinking water, hygiene, prevention and management of diarrheal diseases.
   - Food based interventions including food fortification, dietary diversification, supplementary feeding and biotechnological approaches.

10. Education based interventions including growth monitoring and promotion, and nutrition health education

References:


INSTITUTIONAL FOOD ADMINISTRATION – I (THEORY)

Paper Code: FHN 903
Credits: 4
Max. Marks: 100
Teaching Hours: 4 Hours / Week

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Total Teaching Workload: 60 Hours/ Semester

Objectives:
1. The various aspects of food service planning
2. The management of food service organisations.
3. Developing in students the skill of menu planning for quantity and quality food preparation.

Contents:

UNIT- I
1. Introduction to Foodservice systems
   - Development of food services in Institutions.
   - Consumer behaviour and eating trends- teenagers, family, business- corporate world.
   - Food services facility planning – introduction to foodservice facilities planning, the planning process, the planning team, planning the prospectus, functional planning, planning the atmosphere, workplace design, equipment requirements (writing equipment specifications, purchasing, factors affecting equipment selection, type of equipments), space requirements, layout of facilities.

UNIT- II
2. Organisation and Management
   - Organization – definitions, nature and characteristics of organisation, theories of organisation, steps in process of organisation, principles of organisation, departmentation, types of organisations.
   - Systems approach to management, management by objectives
   - Management – definitions, management process, roles of a manager, level and skills of management, principles of management, tools of management, management of resources, functions of management.
   - Financial Management – Key accounting concepts, basic financial statements, tools for comparison and analysis, budgeting, book keeping- principles of double entry, records.
   - Energy management-energy utilisation, energy conservation, energy management systems
   - Time management.

UNIT- III
3. Food Management
   - Food acceptability and sensory evaluation – definition, application, difference between organoleptic and sensory evaluation, qualification and types of panelists, testing area, methods of sensory testing.
   - Menu planning – importance of menu planning in food service organisation, types of menu and their application, factors affecting menu planning, steps in menu planning, quality food standards, standardised recipes
   - Food Purchasing – Market and the buyer, forecasting in foodservice, methods of purchasing, mode of purchasing (centralized and group purchasing), purchasing process and records, vendor selection and evaluation, Food selection.
   - Food production – Food production planning, production schedules, principles of food production, methods of food production, production controls, quantity and quality control.
   - Receiving and store room management – Elements of receiving, receiving process, dry storage, and low temperature storage.
- Food cost control – factors affecting food cost: records for control, pricing the products.
- Food Laws and standards

References:

PUBLIC HEALTH NUTRITION - I (PRACTICAL)

Paper Code: FHN 911
Credits : 6
Max. Marks:100
Teaching Hours : 3 Practicals/Week (3 Hours/Practical)
Total Teaching Workload : 45 Practicals/semester

Objectives:
1. To enable students to assess needs of the community.
2. To enable students to strategize programs on health and nutrition with available resources.
3. To enable students to develop effective audio visual aids for community.
4. To enable students to plan and develop low cost recipes with specific nutritional need.

1. Participatory Rapid Assessment (PRA) Techniques
2. Strategies for reaching community for public health and nutritional development.
3. Communication: Channels, barriers
4. Methods of communication
5. Audio visual aids
6. Planning and preparation of pre mixes for complementary feeding to children 6-9, 9-12 and 12-24 months.
7. Planning and preparation of fresh complementary foods for children 6-9, 9-12 and 12-24 months.
8. Planning and preparation of energy, protein, iron and calcium rich food for pregnant
<table>
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<th>Activity</th>
<th>Description</th>
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<tr>
<td>9</td>
<td>Planning and preparation of energy, protein, vitamin A and calcium rich food preparations for lactating woman.</td>
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<td>10</td>
<td>Planning and preparation of food baskets for pregnant and lactating woman.</td>
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<tr>
<td>11</td>
<td>Preparation of energy and protein rich snack for severely malnourished children</td>
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<td>12</td>
<td>Preparation of recipe based on pre-mix provided at AWC</td>
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<td>13</td>
<td>Community Analysis for identification of needs related to public health and nutrition issues of community using PRA techniques</td>
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<td>14</td>
<td>Assessment of causes of problems identified in above exercise and Prioritization of focus areas</td>
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<td>15</td>
<td>Collection, analysis and presentation of literature on contemporary Public Health and Nutrition</td>
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<td>16</td>
<td>Preparing messages which needs to be disseminated on contemporary issues of Public health and nutritional issues</td>
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<tr>
<td>17</td>
<td>Preparation of audio visual aids on any one public health and nutrition issues</td>
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**FOOD AND NUTRITION SECURITY (THEORY)**

**Paper Code:** FHN C01  
**Credits:** 4  
**Max. Marks:** 100  
**Teaching Hours:** 4 Hours /Week  
**Total Teaching Workload:** 60 Hours/ Semester

**Objectives:**
1. To understand the concept of Food and Nutrition Security.  
2. To gain knowledge regarding policies and programmes for improving Food Security.

**Contents:**

**UNIT- I**

**Public Health Aspects of under nutrition**

1. **Food and Nutrition Security**  
   - Definitions of Food and Nutrition Security.  
   - Basic concepts and conceptual frame work of Food and Nutrition Security.  
2. **Analysis of food security**  
   - Food availability  
   - Food access  
   - Food absorption  
3. **Beneficiaries for National Programs**  
   - Infants  
   - School Children  
   - Adolescent Girls  
   - Pregnant and Lactating Women

**UNIT- II**

4. Policies and Programmes for reducing insecurity (Social Protection Initiatives)

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*Signature*

*Registrar*

*University of Rajasthan*
- The Public Distribution System (PDS) and the Targeted Public Distribution System (TPDS)
- Antyodaya Anna Yojana (AAY)
- National Food for Work Programme (NFFWP), Mahatma Gandhi National Rural Employment Guarantee Act (NREGA)
- The right to Food Act

UNIT-III

5. Agriculture initiatives to improve food security
   - The National Food Security Mission (NFSM)
   - National Horticulture Mission
   - Rashtriya Krishi Vikas Yojana
   Conditional cash transfer program

6. Programs/Assistance targeted toward specific needy section of the population.
   - National Social Assistance Programme
   - Annapurna Scheme
   - Village Grain Bank Scheme
   - National Programme for Adolescent Girls
   - National programme of Nutritional support to Primary Education (Mid day meal programme)

7. Integrated child development services (Scheme)

References:


SKILL DEVELOPMENT IN CLINICAL NUTRITION (THEORY)

Paper Code: FHN C02
Credits : 2
Max. Marks: 100
Teaching Hours: 2 Practicals/ Week (3Hours/ Practical)
Total Teaching Workload: 30 Practicals / Semester

[Signature]

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University of Rajasthan
**Objectives:**

1. Identification of high risk patients, malnutrition in hospital patients.
2. To enable the students to understand the special nutrition concerns and the dietary management of various diseases.
3. To give practical insight for assessment, nutritional care and counselling to patients.

### UNIT I

1. **Nutrition Care Process in Hospitalized Patients**
   - Nutrition care process
   - Nutritional Assessment of hospitalized patients
   - Methods of feeding (Enteral and Parenteral feeding)
   - Interpretation of routine medical and laboratory data

2. **Behaviour Change Communication**
   - Assessment of Problem in food behaviours
   - Stages of Change

### UNIT II

3. **Factors affecting Food Choices**
   - Social, cultural, religious, economic, emotional factors.

4. **Food Drug Interactions**
   - Effect of drugs on food and nutrition
   - Effect of food on drug therapy

5. **Food Allergies**
   - Clinical features, diagnosis and management of Food Allergy and food intolerance.

### UNIT III

6. **Alternative Therapies**
   - Alternative Therapies
   - Ayurveda, Siddha, Yunani and Homeopathy systems

7. **NABH Regulations in context with Dietitians**

8. **Traditional Diets**

**References:**


Journals
1. Indian Journal of Nutrition and Dietetics
2. American Journal of Nutrition
3. World Review of Nutrition and Dietetics

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**CLINICAL NUTRITION AND DIETETICS- I (PRACTICAL)**

**Paper Code : FHN C11**

Credits: 4

Max. Marks : 100

Teaching Hours: 2 Practicals/Week (3 Hours/Practical)

Total Teaching Workload : 30 Practicals/Semester

**Objectives :**
1. To make students understand the nutritional assessment of elderly and hospitalized patients
2. To make students understand the nutritional management of obesity and eating disorders
3. To make students understand the nutritional management of patients suffering from gastrointestinal diseases, ulcers, liver, pancreatic diseases and food allergies

**Contents :**
1. Planning and preparation of diet for elderly persons
2. Plan, calculate diets for Obese and Overweight Persons
3. Plan, calculate diets for persons with eating disorders (Anorexia and Bulimia)
4. Visit to ICU to see various methods of feeding
5. Planning and preparation of diet for tube feeding
6. Nutritional Assessment of hospitalized patients
7. Visit to Pediatric Hospital to study the feeding of sick children
8. Planning and preparation of diet for a sick child
9. Plan, calculate diets for persons with constipation and diarrhea
10. Plan, calculate diets for patients with GERD
11. Plan, calculate diets for gastric and duodenal ulcers
12. Planning and preparation of diet for Celiac Disease
13. Planning and preparation of diet for Irritable Bowel Disease
14. Planning and preparation of diet for Malabsorption Syndrome
15. Planning and preparation of diet for Ulcerative Colitis
16. Planning and preparation of diet for Hepatitis
17. Planning and preparation of diet for Hepatic Coma
<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>18</td>
<td>Planning and preparation of diet for Liver Cirrhosis:</td>
</tr>
<tr>
<td>19</td>
<td>Planning and preparation of diet for Pancreatitis</td>
</tr>
<tr>
<td>20</td>
<td>Planning nutrition support for fatty liver</td>
</tr>
<tr>
<td>21</td>
<td>Adaptation of traditional diets for healthy life style.</td>
</tr>
<tr>
<td>22</td>
<td>Plan, calculate diets for food intolerances and counsel them regarding management of food intolerance</td>
</tr>
</tbody>
</table>

**INSTITUTIONAL FOOD ADMINISTRATION – I (PRACTICAL)**

**Paper Code:** FIIN C12  
**Credits:** 4  
**Max. Marks:** 100  
**Teaching Hours:** 2 Practicals / week  
**Total teaching workload:** 30 Practicals/Semester

**Objectives:**
1. To visit different food service institutions to gain an insight into the functioning of such units.
2. To plan menus for different occasions/institutions.
3. To cook certain food items in large quantities i.e., in 50-60 portions each.

**Contents:**
1. Carrying out market survey of perishable, non-perishable and processed foods for meal planning.
2. Planning and preparation of meals for various occasions giving general consideration, assumptions, organization chart, budget breakup, menu, cost calculations, comparison of actual and estimated costs and evaluation. For example:
   - Hostel mess
   - Railway canteen
   - Office canteen
   - College canteen
   - Mid day meal
   - Conference
3. Visit to different institutes for eg:
   - Girls’ hostel
   - Railway canteen
   - Office
   - College
   - Akshaya patra
4. Quantity cookery classes for preparation of food items for eg: Coconut cookies, Samosas, Chole tikki, Masala idlies, Masoor dal pakories, Bhelpuri, Dahi wada, Chikki etc.

**SKILL DEVELOPMENT IN CLINICAL NUTRITION (PRACTICAL)**

**Paper Code:** FIIN C13  
**Credits:** 4  
**Max. Marks:** 100  
**Teaching Hours:** 2 Practicals/ Week (3 Hours/Practicals)
**Total Teaching Workload: 30 Practicals/ Semester**

**Objectives:**
1. To make students familiar with hospital environment
2. To make students understand the importance and method of nutritional assessment of hospitalized patients
3. To enable students to understand and get trained in management of hospital kitchens
4. To enable students to make appropriate recipe formulations and modifications in a hospital based kitchen
5. To enable students to develop an understanding of working in various wards and counseling patients having difficulty in feeding and catering to their needs

### UNIT I

<table>
<thead>
<tr>
<th>No.</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Working of a Dietetics Department in a hospital. Job profile of a Dietician, liaison with doctors and nursing staff.</td>
</tr>
<tr>
<td>2</td>
<td>Assessment of Nutritional Status of Hospitalized patients- in 4 wards on rotation To understand the working of a Kitchen in a hospital. Inventory and management of kitchen.</td>
</tr>
<tr>
<td>3</td>
<td>Duties of a Dietician in menu planning.</td>
</tr>
<tr>
<td>4</td>
<td>Recipe modification and standardization in the lab</td>
</tr>
<tr>
<td>5</td>
<td>Conversion of requisitions and prescriptions to menus</td>
</tr>
<tr>
<td>6</td>
<td>Case Study Case study in various wards like Pediatric, critical care, surgery, gynecology, renal etc. 2 students will be posted in a ward for 5 days, and shall complete two case studies. Case study to be submitted shall include anthropometric, biochemical data, clinical examination and dietary data of the patients.</td>
</tr>
<tr>
<td>7</td>
<td>Report writing and submission and presentation</td>
</tr>
</tbody>
</table>

*Dy. Registrar*

*(Academic)*

*University of Rajasthan*

*JAIPUR*
Department of Home Science
University of Rajasthan
Jaipur

SYLLABUS
M.Sc. HOME SCIENCE
FOODS AND HUMAN NUTRITION
FOURTH SEMESTER

Dy. Registrar
(Academic)
University of Rajasthan
JAIPUR
### Fourth Semester

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Subject Code</th>
<th>Course Title</th>
<th>Course Category</th>
<th>Credit</th>
<th>Contact Hours Per Week</th>
<th>EoSE Duration (Hrs.)</th>
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<tr>
<td></td>
<td>FHN X01</td>
<td>Clinical Nutrition and Dietetics-II</td>
<td>CCC</td>
<td>4</td>
<td>4 0 0 0 3 0</td>
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<td>FHN X02</td>
<td>Public Health Nutrition – II</td>
<td>CCC</td>
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<td>Institutional Food Administration - II</td>
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<tr>
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<td>Nutrition Research Design</td>
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<td>Skill Development in Public Health Nutrition</td>
<td>ECC</td>
<td>2</td>
<td>2 0 0 0 3 0</td>
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<tr>
<td></td>
<td>FHN D11</td>
<td>Public Health Nutrition – II</td>
<td>ECC</td>
<td>4</td>
<td>0 0 6 0 4</td>
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<tr>
<td></td>
<td>FHN D12</td>
<td>Institutional Food Administration - II</td>
<td>ECC</td>
<td>4</td>
<td>0 0 6 0 4</td>
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</tr>
<tr>
<td></td>
<td>FHN D13</td>
<td>Skill Development in Public Health Nutrition</td>
<td>ECC</td>
<td>4</td>
<td>0 0 6 0 4</td>
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</table>

CCC = 18,  
ECC = 18  
Total = 36 credits

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Dy. Registrar  
(Academic)  
University of Rajasthan  
JAIPUR

("signature")
Fourth Semester

**CLINICAL NUTRITION AND DIETETICS- II (THEORY)**

**Paper Code : X01**  
**Credits: 4**  
**Max. Marks: 100**  
**Teaching Hours: 4 Hours/Week**  
**Total Teaching Workload: 60 Hours/Semester**

**Objectives:**
1. To impart knowledge about health, fitness and sports nutrition.
2. To impart advanced knowledge to students about path physiology of various diseases.
3. To enable the students to understand the special nutrition concerns and the dietary management of Cancer, AIDS, Surgery, Burns, Renal Disorders, Cardiovascular Diseases, Diabetes,
4. To give practical insight for assessment, nutritional care and counseling to patients.

**Contents:**

<table>
<thead>
<tr>
<th>Unit I</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Nutrition in health and fitness</td>
</tr>
<tr>
<td>- Interrelationship between health, nutrition, exercise and fitness</td>
</tr>
<tr>
<td>- Energy input and output</td>
</tr>
<tr>
<td>- Effect of specific nutrients on work performance and fitness</td>
</tr>
<tr>
<td>2. Sports nutrition</td>
</tr>
<tr>
<td>- Energy sources during different exercises</td>
</tr>
<tr>
<td>- Nutritional requirements of athletes</td>
</tr>
<tr>
<td>- Water and electrolyte balance.</td>
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</table>

<table>
<thead>
<tr>
<th>Unit II</th>
</tr>
</thead>
<tbody>
<tr>
<td>3. Nutrition in Renal Disorders:</td>
</tr>
<tr>
<td>- Glomerulonephritis</td>
</tr>
<tr>
<td>- Nephrotic Syndrome</td>
</tr>
<tr>
<td>- Acute Renal Failure</td>
</tr>
<tr>
<td>- Chronic Renal Failure</td>
</tr>
</tbody>
</table>

| 4. Nutrition in Surgery and Burns          |
|   - Pre and post operative nutritional care |
|   - Nutrition support in burns             |

| 5. Nutrition related problems and Support in Human Immuno Deficiency Virus (HIV) and Acquired Immunodeficiency Syndrome (AIDS) |

| Unit III                                   |

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*Signature*

*Dy. Registrar*  
*Academic*  
*University of Rajasthan*  
*Jodhpur*
6. Pathophysiology, aetiology, clinical features, prevention and dietary management of Cardiovascular Diseases:
   - Hypertension
   - Coronary Heart Disease
   - Hyperlipidemias

7. Pathophysiology, aetiology, clinical features, prevention and dietary management of Diabetes mellitus
   - Type 1 Diabetes
   - Type 2 Diabetes

8. Nutrition and Cancer
   - Role of nutrition in etiology of cancer
   - Nutritional effects of cancer and its therapies
   - Nutritional care of cancer patients

References:

Journals
1. Indian Journal of Nutrition and Dietetics
2. American Journal of Nutrition
3. World Review of Nutrition and Dietetics

PUBLIC HEALTH NUTRITION – II (THEORY)

Paper code: FHN X02
Credits: 4
Max. Marks: 100
Teaching Hours: 4 Hours/Weeks
Total Teaching Workload: 60 Hours/Semester

Objectives:
1. Gain insight into national nutritional problem, and national & international contribution towards nutrition improvement in India.

By Registrar
(Academic)
University of Rajasthan
ABU DABHI

INSTITUTIONAL FOOD ADMINISTRATION – II (THEORY)

Paper Code: FHN X03
Credits: 4
Max. Marks: 100
Teaching Hours: 4 Hours / Week
Total Teaching Workload: 60 Hours/ Semester

Objectives:
1. The aspects of food service management.
2. The management of personnel in smooth running of an organisation.
3. How to maintain a food service facility as a sanitary, safe and secure place

Contents:
UNIT I
1. Food service Management
   - Food service systems- Conventional, Commissary, Ready Prepared and Assemble serve.
   - Delivery and service of food in different food service systems- Hospitals, Schools, Industries, Airlines.
   - Types of service- Self, Tray, Waiter, Portable Meals.
   - Dining room management- furnishings and equipment for dining rooms

UNIT II
2. Personnel Management
   • Functions of personnel manager
   • Leadership – qualities and responsibilities of a leader, styles and theories of leadership, motivation, theories of motivation, philosophies of human nature-theories
   • Human resource planning-human resource inventory, human resource forecasting, human resource development plans.
   • Employment process- recruitment, selection, orientation, training, development
   • Performance appraisal and MBO
   • Employee facilities and benefits
   • Labour Cost Control- factors affecting labour control, records for control.
   • Labour management relations- reasons why workers join unions, development of labour unions, structure of unions, union and contract negotiations
   • Personnel functions- kitchen, dining room
   • Labour Laws affecting food service operations.

UNIT III
3. Plant and equipment management
   • Maintenance of equipments and facilities- manual and mechanical warewashing, sanitary facilities and equipment, preventive maintenance, pest control
   • Sanitation – principles of food sanitation, sanitation of food, personnel, physical plant and equipment, controlling microbial quality of food, food service sanitation, development of quality assurance (sanitation) programme.
   • Safety – Accident prevention, fire prevention, 3 Es of safety, safety and health programme, HACCP, Food Safety and Standards Act of India, Function of FSS Act, General Principals of Food and Science.
   • Security- management of security system, main security risks.

References:
9. West BB, Wood L, Shughart GS, Harger VF. Food Service Institutions, V ed., John Willy

**CLINICAL NUTRITION AND DIETETICS - II (PRACTICAL)**

Paper Code: FHN X11  
Credits: 6  
Max. Marks: 100  
Teaching Hours: 3 Practicals/Week (3 Hours/Practical)  
Total Teaching Workload: 45 Practicals/Semester

**Objectives:**
1. To make students understand the nutritional assessment of hospitalized patients
2. To make students understand the nutritional management of patients suffering from gastrointestinal diseases, liver, pancreatic diseases and food allergies
3. To make students understand the nutritional management of sports persons.
4. To familiarize students with the actual working in the Dietetics department in hospitals.

**Contents:**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
</table>
| 1. | a. Make a list of Protein rich, calcium rich, iron rich, sodium rich and potassium rich foods, MUFA, PUFA, Omega-3 and Omega-6  
b. Make a list of foods deficient in Protein, calcium, iron, sodium and potassium, MUFA, Saturated fats  
c. Plan and Standardized recipes with the foods rich in Protein, calcium, iron, sodium and potassium  
d. Plan and Standardized recipes with the foods deficient in Protein, calcium, iron, sodium and potassium  
e. Incorporate recipes rich in MUFA, PUFA, Omega-3 and Omega-6 |
| 2. |   |
| 3. | Sports Nutrition  
a. Planning and preparation of snacks and drink suitable for various sports activities.  
b. Planning and preparation of diets for endurance training  
c. Plan and calculate a pregame and a post game meal  
d. Market Survey of Sports drinks, powders, snacks and meals  
e. Evaluate the nutritional quality of the sport supplements |
| 4. | Renal Diseases  
f. Planning and preparation of diet for Glomerulonephritis  
g. Planning and preparation of diet for Nephrotic Syndrome  
h. Planning and preparation of diet for Chronic Renal Failure |
| 5. | Cardiovascular and Hypertension  
a. Planning and preparation of diet for Hypertension  
b. Planning and preparation of diet for Coronary Heart Disease |
6. Diabetes mellitus
   a. Planning and preparation of diet for Type 1 Diabetes
   b. Planning and preparation of diet for Type 2 Diabetes
   c. Planning preventive nutrition for diabetes

7. Dietary management for HIV AIDS patients.

Cancer
Plan for cancer patients.

8. Diets and lifestyle for prevention of cancer

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NUTRITION RESEARCH DESIGN (THEORY)

Paper code: FHN D01
Credits: 4
Max. marks: 100
Teaching hours: 4 Hours/Week
Total teaching workload: 60 Hours/ Semester

Objectives:

1. To impart knowledge on research methods and designs.
2. To provide an insight into writing research proposal and thesis/dissertation.
3. To develop projects and have an understanding of ethical guidelines, plagiarism and Copy Right Act.

Contents:

UNIT – I
1. Research studies and methods
   i) Epidemiological methods-
      - Observational: correlation study, case reports and case series, cross-sectional study, case control study, cohort study, ecological study
      - Experimental: community trials, clinical trials (individual), controlled trials and uncontrolled trials
   ii) Qualitative research methods-
      - ethnography/anthropological methods
      - observation
      - interviewing
      - group discussion
      - archival (i.e. newspapers)
      - visual data (i.e. photos images)
      - linguistic/ conservation analysis
      - content analysis
iii) Quantitative research methods-
   • experimental studies
   • non-experimental designs such as surveys, cross-sectional and longitudinal studies.

iv) Mixed methods-
   • Sequential
   • concurrent
   • transformative

2. Nutrition Research Designs in
   i) Observational studies
      • Cohort study  Prospective study  Retrospective study
      • Case control study
   ii) Experimental studies
      • Interventional study
      • Clinical trials
      • Randomized control trials
      • Cluster randomized trials
   iii) Survey research
      • Cross sectional study
      • Longitudinal study
   iv) Mixed methods study

3. Design Process of Research
   i) Conceptualizing a study: hypothesis, objectives
   ii) Selecting research methods and design
   iii) Data management
   iv) Communication of research through presentations and writing

UNIT - II
3. Types of reports
   i) Thesis/ dissertation
   ii) Research papers/articles
   iii) Review papers: systematic review paper, meta-analysis review paper
   iv) Case studies
   v) Term papers
   vi) Synopsis/ research proposal
   vii) Project reports
   viii) Seminar reports
   ix) Popular articles
x) Research abstracts
xi) Research progress reports


   i) Title page, table of contents, abbreviations, certificate
   ii) Introduction- introduction, rationale, objectives, hypothesis
   iii) Review- structure, citation of references
   iv) Methodology- structure, sample design, sample size and characteristics, sampling procedure, locale of the study, tools of data collection, methods and procedures, statistical analysis
   v) Bibliography- structure, methods of citation, different styles followed
   vi) Appendices, footnotes, other accessories

Writing thesis / dissertation (additional chapters)

   i) Abstract
   ii) Results and discussion- structure, tables, figures and discussion

5.

   iii) Summary and conclusions- structure, conclusions
   iv) Recommendations- relevant to research work

UNIT – III

7. Designing projects

   i) Project title
   ii) Introduction:
       • origin of the research problem
       • interdisciplinary relevance
       • review of research and development in the subject – international status and national status
       • significance of the study
       • its potential contribution to knowledge in the field of social relevance or national importance

   iii) Objectives
   iv) Methodology
   v) Year wise plan of work and targets to be achieved
   vi) Budget: recurring: salary, travel and field work, hiring services, contingency and non-recurring: equipments, building

8. Funding for projects:

   National agencies

   i) University Grant Commission (UGC)
   ii) Department of Biotechnology (DBT)
   iii) Department of Science and Technology (DST)
   iv) Indian Council of Medical Research (ICMR)
   v) Ministry of Food Processing Industry (MIPFI)
   vi) Indian National Science Academy (INSA)
   vii) Indian Council of Agricultural Research (ICAR)
   viii) Council of Scientific and Industrial Research (CSIR)

Dy Registrar
(Academic)
University of Rajasthan
Jaipur
9. National ethical guidelines for biomedical and health research involving human participants

10. Plagiarism

11. Copy Right Act

References:

4) National ethical guidelines for biomedical and health research involving human participants. Indian Council of Medical Research, New Delhi, 2016.

PUBLIC HEALTH NUTRITION - II (PRACTICAL)

Paper code: FIN D11
Credits: 4
Max. Marks: 100
Teaching Hours: 2 Practicals/Week (3 Hours/Practical)
Total Teaching Workload: 30 Practicals/Semester

Dy. Registrar (Academic)
University of Mumbai
2018
Objectives:
1. To enable students to plan programs for nutritional problems of public health importance
2. To collect literature on aspects of public health and assess them for their content hence enabling students to develop IEC and material
3. To plan and evaluate ongoing programs of public health

Contents:
1. Program planning on Public Health and nutritional problems identified as priority area during need assessment.
2. Collection of literature related to problem
3. Prepare messages to be disseminated on identified PHN issue
4. Plan communication methods for execution of program
5. Prepare suitable audio visual aids as well as collect audio visual aids already available at various Government departments or NGO
6. Implementation and Evaluation of program in field (selected village or slum areas) (Execute five programs of five groups of students)
7. Writing one article on any one contemporary public health and nutrition issues for print media

INSTITUTIONAL FOOD ADMINISTRATION – II (PRACTICAL)

Paper Code: FIIN D12
Credits: 4
Max. Marks: 100
Teaching Hours: 2 Practicals / week (3 Hours/Practical)
Total Teaching Workload: 30 Practicals/Semester

Objectives:
- To visit different food service institutions to gain an insight into the functioning of such units.
- To plan menus for different occasions/institutions
- To cook certain food items in large quantities i.e., in 50-60 portions each.

Contents:
Practicals
1. Carrying out market survey of perishable, non-perishable and processed foods for meal planning.
2. Planning and preparation of meals for various occasions giving general consideration, assumptions, organization chart, budget breakup, menu, cost calculations, comparison of actual and estimated costs and evaluation:
   - Theme party
   - Special cuisine
   - Cocktail party
3. Visit to different institutes for eg.
   - Hotel
   - School
   - Institute of Hotel Management
   - McDonalds
   - Industrial canteen
   - Philanthropic institution
   - Airport

4. Quantity cookery classes for preparation of food items for eg.: Chaula dal kipakori, Bread rolls, Mini pizzas, Burgers, Mexican tacos, Idlisambhar, pavbhaji, Cholebhaturas, Bhelpuri

**SKILL DEVELOPMENT IN PUBLIC HEALTH NUTRITION (PRACTICAL)**

**Paper Code:** FHN D13  
**Credits:** 4  
**Max. Marks:** 100  
**Teaching Hours:** 2 Practicals/ Week (3 Hours/Practical)  
**Total Teaching Workload:** 30 Practicals /Semester

**Objectives:**
1. To enable students to carry out Community Programs at Urban, Rural and Slums  
2. To develop skills and to translate skills into action at Community level  
3. To strengthen skills of frontline workers in all programs  
4. To create interest in Community and create awareness and motivation for lifestyle modification

**Content**

**Skills through trainings**

1. **Malnutrition treatment centre:**  
   - Placement at MTC in Hospital  
   - Skill in calculating, preparation and feeding of therapeutic diets.

2. **Infant and young child nutrition**  
   - Placement at AWC's- Strengthening skill of ASHAs and AWW  
   - Techniques of initiation of breast feeding, and complementary feeding.  
   - Techniques in calculation of frequency and adequacy of complementary food. (frequency, adequacy, density, utilisation)

3. **Home Based Care of Neonates and Children**  
   - Counseling and Strengthening HHBC in frontline workers by Placement at AWC in rural set up  
   - Counseling and Strengthening in Growth Monitoring and Promotion of Growth Monitoring in frontline workers by Placement at AWC in rural set up
4. Identification of nutritional components of ICDS program

- Activities for MCHN day: Celebrating MCHN Day at Slum/Village
- Nutritional care of pregnant woman in terms of weight gain during pregnancy, calcium & iron-folic acid supplementation and consumption of iodized salt.
- Infant and young child nutrition in terms of early initiation of breast feeding, exclusive breast feeding, timely introduction of complementary feeding and nutrition of children aged 6 months to 2 years.

5. Holding health Camp for all Population groups in Community/Campus

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