UNIVERSITY OF RAJASTHAN
JAIPUR

SYLLABUS

M.Sc. HOME SCIENCE

FOODS AND HUMAN NUTRITION

(Semester Scheme)

I & II Semester – 2019-20

III & IV Semester – 2020-21
M.Sc. Home Science
FOODS AND HUMAN NUTRITION

First Semester Examination, 2019-20

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

Dy. Registrar
(Academic)
University of Rajasthan
JAIPUR
# M.Sc. Home Science
## FOODS AND HUMAN NUTRITION

### First Semester

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CCC = 18, ECC = 18
Total = 36 credits

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**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, ring structure, proof of ring structure, reaction due to CHO group, sugar derivatives of biological importance, polysaccharides (homoglucons and heteroglucons), 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**

3. **Proteins:** Importance, classification of amino acids (Essential and Non Essential Amino Acids), reactions of amino acids, structure of proteins, properties, proof of peptides bond, methods of separation and determination of amino acids and peptides, estimation of amino acid sequence.

4. **Nucleic Acids:** Structure, importance and role of  
   - Bases  
   - Nucleotides  
   - Nucleosides  
   - DNA  
   - RNA  
   - Synthesis of DNA & RNA (In Brief)

**UNIT-III**

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

6. **Blood Chemistry** Composition, haemoglobin, erythropoiesis, plasma proteins (Types, properties and methods of separation of plasma proteins), coagulation of blood.
**References**:


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**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: freezing, 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
   - Market Research
   - Consumer dynamics
   - Process of development and standardization
   - Labeling
   - Marketing
   - Quality Evaluation
   - Entrepreneurship

References:


**HUMAN NUTRITIONAL REQUIREMENTS (THEORY)**

Paper Code: FHN 703
Credits: 4
Max. Marks: 100
Teaching Hours: 4 Hours/Week
Total Teaching Workload: 60 Hours/Semester

Objectives:
1. To understand the basis of human nutritional requirements and recommendations through life cycle.
2. To understand the methods of evaluating protein quality and improving the same.
3. To understand the nutritional requirements in special conditions.

Contents:

**UNIT-I**

1. Nutritional requirements and recommended allowances for macro and micro nutrients for the entire life span (infancy to old age).
2. A critical review of the following:
   - Methods of determining requirements and allowances and body weights
   - Energy requirements- units, definition, assessment, methods for determining requirements, energy requirements for infants, children, adolescents, adults, pregnancy, lactation.
   - Protein requirements – protein quality and protein requirements, human amino acid...
requirements, quality of protein, methods for arriving at RDAs for Indians, protein requirements during pregnancy, lactation, growth – infants, children and adolescents, adults, protein energy ratio
• Lipid requirements – functions of fatty acids, recommendations of dietary fat, RDAs for Indians, sources of fat, recommended intakes, quality of fat
• Dietary fibre – nutritional and health significance, requirements
• Mineral requirements -calcium, phosphorus, magnesium, sodium, potassium, iron and zinc-
Dietary requirements for different physiological ages and states. Methods for estimating requirements, dietary deficiency, biochemical functions, stores, sources,
• Trace elements requirements – iodine requirements, deficiency, losses, RDAs

UNIT- II

3. A critical review of the following:
• Vitamin requirements – Water soluble vitamins – thiamine, riboflavin, niacin, pyridoxine, folic acid, Vitamin B12, ascorbic acid-Functions, sources, requirements, deficiency, stability during processing
• Fat soluble vitamins – vitamin A and vitamin D – significance, deficiency, dietary sources, requirements, role.

4. Dietary guidelines for Indians

5. Critical evaluation of International recommended dietary allowances – American, Canadian, FAO/WHO/UNU.

6. Nutrition requirements for special conditions
• Natural calamities and emergencies – floods, earthquakes, famine/drought
• Gastronautics
• High altitude
• Extreme environmental temperatures-hot and cold

UNIT- III

7. Evaluation of protein quality
• Analytical methods for the determination of nitrogen and amino acids in foods.
• Evaluation of protein quality of foods from their amino acids content
• Biological methods
• Clinical methods
• Biochemical methods
• Relationship of stress and physiological state to the biological evaluation of protein quality.

References:

**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

6. **Dietary Guidelines**
   - Power point presentation of Dietary Guidelines for Indians.

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 NDPCal% 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  
**Total 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 problem, 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:** FHN 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:**

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| 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 intercellular communications.  
2. Endocrine system: Physiological functions of Pituitary, Thyroid, Parathyroid, Adrenal and Reproductive Hormones.  

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| 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.  

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| 7. Regulation of body temperature: Thermo genesis, thermolysis, pyrexia, hypothermia, role of skin in maintaining body temperature.  
8. 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.  
9. Changes in muscle and bone mass during ageing and disease. Major muscles used for voluntary and involuntary actions. | |
References:

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:
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: 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.
7. Determination of fat content in two raw and two processed foods.
9. Survey of convenience and ready to eat foods available in markets food list with nutrition, composition and food label.
10. 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.
11. 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
Estimation of Blood pH
3. Measurement of blood pressure
4. Conditions required for measurement
   - Measurement of different age groups
Tests to measure physical fitness
- Fitness test
- Physical endurance test
Urine Estimations
- Albumin in urine
- Glucose in urine
- Acid base balance in urine
5. Case study of endocrine disorder patient
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CCC = 18,  
ECC = 18  
Total = 36 credits
SEMMESTER 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
   Biochemical role of
   - Water soluble vitamins: C and B-Complex( B1, B2, Niacin, Pyridoxin, Pantothenic acid, Biotin, Folic Acid, B12)
   - Fat soluble vitamins: A,D,E and K

2. Minerals
   - Biochemical role of minerals(Calcium, Phosphorus, Iron, Potassium, Sodium, Chloride, Magnesium, Selenium and Zinc).

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 – it’s 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

5. Introduction to causative factors, biochemical and clinical manifestation, treatment and therapeutic measures of following Inborn errors of amino acid metabolism:
- Phenylketonuria,
- Hypertyrosinaemia,
- Hypervalemia,
- Hyperhistidinaemia,
- Hyper lysinaemia,
- Homocystinuria.

Carbohydrate metabolism i.e. Pentosuria, galactosaemia

Lipid metabolism i.e. Hyper chylomicrosomaemia, pure hyper-cholesterolaemia

References:
14. Rodwell VW, Bender AD, Botham KA, Kennelly PJ and Weil PA. Harpers Illustrated
**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 micro-organisms 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 its products  
   - Sugar and its products  
   - Vegetables and fruits  
   - Eggs  
   - Milk and its products  
   - Canned foods  

6. Microbiology of fermented foods.  
   - Vinegar, Cheese, Beer  
   - Indian fermented foods—Idli, Dosa, Vada, Curd

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[Signature]

17
### 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
      - Food safety and regulations 2011
        i) 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:
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 and their management initiatives taken by government.

Contents:
UNIT I
1. Prevalence, etiology, biochemical and clinical manifestations, diagnostic technique, public health implications, preventive and therapeutic measures for the following nutritional problems:
   - Protein Energy malnutrition, programmes such as ICDS and CMAM.
   - Vitamin A deficiency, programmes such as Vitamin A prophylaxis program
   - Anaemia, programmes such as National Iron Deficiency Control program and WIFS
   - Iodine Deficiency Disorders, programmes such as NIDDCP

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### UNIT II

2. Prevalence, etiology, biochemical and clinical manifestations, diagnostic technique, public health implications, preventive and therapeutic measures for the following nutritional problems:
   - Fluorosis
   - Rickets, osteomalacia and osteoporosis
   - Beriberi
   - Pellagra
   - Scurvy
   - Zinc Deficiency

3. Food Safety and contamination
   - Naturally occurring toxins and anti-nutritional factors:
   - Lathyrisn
   - Epidemic dropsy

### UNIT III

4. Assessment of Nutritional Status, Various techniques for assessment of nutritional status:
   - Anthropometric measurements:
   - Definition, measurements, tools/instruments.
   - Techniques for measurements, standards for references, indices, classification, interpretation of data.
   - Use of anthropometry for onetime assessment, growth monitoring and emergency situation.
   - Biochemical estimations for diagnosis of protein energy malnutrition, vitamin A deficiency, anaemia, iodine deficiency disorders, fluorosis: Parameters, techniques for estimation, reference value
   - Clinical examination
   - Dietary Survey
   - Vital statistics

### References:

2. Sehgal S and Raghuveshni Rita S Textbook of Community Nutrition, Indian Council of Agricultural Research, Published by: Directorate of Information and Publication of Agriculture, Indian Council of Agriculture Reserach, KrishiAnusandhanBhavan, Pusa, New Delhi-110012

**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:**

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<tbody>
<tr>
<td>1.</td>
<td>Preparation of event calendar of past five years for assessment of age.</td>
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<tr>
<td>2.</td>
<td>Assessment of nutritional status of infants using anthropometric measurements:</td>
</tr>
<tr>
<td></td>
<td>• Preparation of questionnaire, learn techniques of recording weight, length and MUAC.</td>
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<td></td>
<td>• Data collection (at least 10 infants)</td>
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<td>• Data interpretation using WHO Z scores and report.</td>
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<td>• Data interpretation using WHO growth.</td>
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<tr>
<td>3.</td>
<td>Assessment of nutritional status of preschool children using anthropometric measurements:</td>
</tr>
<tr>
<td></td>
<td>• Preparation of questionnaire, learn techniques of recording height and weight using bathroom weighing scale as well as Salter weighting balance and MUAC.</td>
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4. Data collection (at least 10 preschool children).
   Data interpretation using WHO growth standards and report writing.

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.

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.

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.

6. Determination of haemoglobin level in blood sample of any age group and interpretation and comparison of results using: Sahli's, hemochek and cyanmethemoglobin technique.

   - Preparation of questionnaire, learn the techniques.
   - Data collection (at least 10 students)
   - Data interpretation and report writing

   - 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.

10. 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.

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

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

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

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

16. Case study of case suffering from SAM(2)/Anemia/Vitamin A deficiency.

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

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, KrishiAnusandhanBhavan, Pusa, New Delhi-110012


Paper code: FHN B01  
Credits : 4  
Max. Marks:100  
Teaching Hours:4 Hours/Week  
Total Teaching Workload:60 Hours/Semester  

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 varieties, Normal distribution and its properties, Use of Normal probability tables).  
7. Design of Experiment: Analysis of Variance  

UNIT –III  
8. Correlation and Regression: Correlation and its interpretation. Product moment and Rank order Correlation Coefficient Regression Equations (without derivation)and its interpretations, use of prediction.  
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:** FHN 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 parameters for consistent quality processed food products.

**Contents:**

**UNIT I**

1. Brief introduction of Cereals and legumes
   Baking technology: bread, biscuits/cookies and cake, principles of baking, Ingredients and their functions, methods of preparation, in process control, faults, causes and remedies, methods of leavening: physical, biological and chemical, scoring of quality parameters.
5. Agglomeration and effect of cooking.
6. Soyabean: defatted flour, milk and isolated protein

**UNIT II**

7. Dairy and Flesh Food Technology
   Milk Products: milk powder, Khoya, Cottage cheese, butter, butter oil, margarine, cheese, ice cream-
   commercial processing, BIS Standards, Packaging and distribution.
9. 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.
10. Poultry: Production consideration, processing plant operation (slaughter and bleeding, scalding, defeathering, eviscerating, chilling and packaging), cooking, tenderness, flavor and color changes.
11. Eggs: Structure, quality factors, storage, bacterial infection and pasteurization, freezing, drying and egg substitutes.

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| 12. | Fish: Types of fishes, onboard handling and preservation, drying and dehydration, salt curing, smoking, marinades, fermented products, canning, Modified Atmosphere Packaging and quality factors. |
| 13. | Oilseeds, Fruits and Vegetable technology |
| 14. | Production and processing methods of fats and oils, hydrogenation |
|      | Fat and oil Products: Margarine shortenings and frying oils, Mayonnaise and salad dressings, fat substitutes. |
| 15. | Ripening of fruits and Food spoilage |
| 17. | Processing and preservation for small scale industry with special reference of FPO 1955. |

References:


NUTRITIONAL BIOCHEMISTRY – II (PRACTICAL)

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, CaCO<sub>3</sub> 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

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

5. Colony characteristics and staining techniques:
   - 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

7. Microbiological Analysis of Food Samples: ice cream, butter, cheese, curd, fruits, juices etc:
   - Observation and Recording for these Exercises

8. Sampling and Analysis of Microbial Load on Food Contact Surfaces:
   - Assessing Sanitary Quality of Contact Surface by Swabbing Method
   - Analysis of Air of Processing Facility for Microbial Load

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

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

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**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.

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5. To gain in-depth knowledge about processing and preservation techniques of milk products technology and fruits and vegetables technology.

<table>
<thead>
<tr>
<th>Contents:</th>
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<tbody>
<tr>
<td>1. Cereal and Cereal Products Technology</td>
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<tr>
<td>(A) Bread baking</td>
</tr>
<tr>
<td>a) Quality testing of different flour:</td>
</tr>
<tr>
<td>• Gluten quality and quantity</td>
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<td>• Moisture and ash percent</td>
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<td>• Water Absorption Power (WAP)</td>
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<td>• Pekar color test</td>
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<td>• Maltose value</td>
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<tr>
<td>• Falling Number</td>
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<tr>
<td>• Dough Raising Capacity</td>
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<tr>
<td>b) Bread Processing: process optimization of</td>
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<tr>
<td>• Straight dough method</td>
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<td>• Sponge and dough method (delayed salt method)</td>
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<td>• Potassium bromate response of different flours</td>
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<td>• Optimization of brown bread process</td>
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<tr>
<td>• Preparation of sweet buns</td>
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<td>• Preparation of pizza base</td>
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<tr>
<td>(B) Biscuits and cakes</td>
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<tr>
<td>• Preparation of short and hard dough biscuits and packaging and shelf life studies for 5 weeks</td>
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<tr>
<td>• Preparation of sponge and cream cakes packaging and shelf life studies for 5 weeks</td>
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<tr>
<td>2. Visit to milk processing industry</td>
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<tr>
<td>3. Milk and milk products technology</td>
</tr>
<tr>
<td>• Chemical analysis of milk and determination of its components like fat, SNF, protein, TSS</td>
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<tr>
<td>• Detection of preservatives in milk (boric acid and borate)</td>
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<td>• Detection of adulterants in milk and analysis of cheese, paneer, khoa as per BIS standards</td>
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<tr>
<td>• Tests to judge the efficiency of pasteurization and homogenization</td>
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<tr>
<td>4. Fruits and Vegetable Technology</td>
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<tr>
<td>• Analysis of Proximate principles: Carbohydrate, sugars, ash, moisture, fat and protein.</td>
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<tr>
<td>• Experiment on control of enzyme activity, enzyme inactivation in fruits and vegetables</td>
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<tr>
<td>• Preservation of fruits and vegetables using heat, salt and sugar and estimation of effect of processing on nutrients and color:</td>
</tr>
<tr>
<td>• Processing of tomato products</td>
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</tbody>
</table>

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- Processing of jams, jellies and marmalades
- Processing of pickles and brines
- Estimation of acidity, total solids of different foods - Squashes, syrups and juice.
- 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

<table>
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<tr>
<th>5. Fat and oil technology</th>
</tr>
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<tbody>
<tr>
<td>- Fat absorbance,</td>
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<tr>
<td>- Degree of unsaturation</td>
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<td>- Peroxide value</td>
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<td>- Acid value</td>
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<td>- Saponification value</td>
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CCC = 18,  
ECC = 18  
Total = 36 credits
## 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

<table>
<thead>
<tr>
<th>1. Body Composition</th>
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<tbody>
<tr>
<td>• Body composition and cellular basis of growth</td>
</tr>
<tr>
<td>• Significance and methods used for measurement of body composition in nutrition.</td>
</tr>
<tr>
<td>• Application of body composition in nutrition and health.</td>
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<tr>
<td>• Cellular Growth and development during life cycle</td>
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<tr>
<th>2. Pathophysiology, aetiology, clinical features, prevention and dietary management of Obesity and Eating disorders</th>
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<tbody>
<tr>
<td>• Obesity</td>
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<tr>
<td>• Anorexia Nervosa</td>
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<td>• Bulimia Nervosa</td>
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<tr>
<th>3. Geriatric Nutrition</th>
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<tr>
<td>• Ageing process,</td>
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<tr>
<td>• Cellular basis of Ageing</td>
</tr>
<tr>
<td>• Nutritional and Medical problems of elderly</td>
</tr>
<tr>
<td>• Nutritional care and lifestyle modifications in elderly persons</td>
</tr>
<tr>
<td>• Management of Common ailments related to ageing</td>
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### UNIT II

<table>
<thead>
<tr>
<th>4. Nutrition Care Process in Hospitalized Patients</th>
</tr>
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<tbody>
<tr>
<td>• Nutrition care process</td>
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<tr>
<td>• Interpretation of routine medical and laboratory data</td>
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<tr>
<th>5. Methods of Feeding</th>
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### UNIT III

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<tr>
<th>10.</th>
<th>Classification, Aetiology, Clinical features, diagnosis, prevention and dietary management of Gastrointestinal Diseases</th>
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<tbody>
<tr>
<td></td>
<td>- GERD,</td>
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<td></td>
<td>- Peptic Ulcer,</td>
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<td>- Constipation,</td>
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<td>- Diarrhoea,</td>
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<td>- Celiac Disease,</td>
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<td>- Irritable Bowel Disease,</td>
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<td>- Ulcerative Colitis</td>
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<tr>
<th>11.</th>
<th>Classification, Aetiology, Clinical features, diagnosis, prevention and dietary management of Liver and Pancreatic Diseases</th>
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<tbody>
<tr>
<td></td>
<td>- Hepatitis,</td>
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<td></td>
<td>- Liver Cirrhosis - ALD &amp; NALD</td>
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<tr>
<td></td>
<td>- Fatty liver</td>
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<td></td>
<td>- Hepatic Coma</td>
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<tr>
<td></td>
<td>- Pancreatitis</td>
</tr>
</tbody>
</table>

**References:**


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

PUBLIC HEALTH NUTRITION - I (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
   Nutritional Epidemiology
5. 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
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 – 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 woman.
9. Planning and preparation of energy, protein, vitamin A and calcium rich food preparations for lactating woman.
10. Planning and preparation of food baskets for pregnant and lactating woman.
11. Preparation of energy and protein rich snack for severely malnourished children
12. Preparation of recipe based on pre-mix provided at AWC
13. Community Analysis for identification of needs related to public health and nutrition issues of community using PRA techniques
14. Assessment of causes of problems identified in above exercise and Prioritization of focus areas
15. Collection, analysis and presentation of literature on contemporary Public Health and Nutrition
16. Preparing messages which needs to be disseminated on contemporary issues of Public health and nutritional issues
17. Preparation of audio visual aids on any one public health and nutrition issues

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 -1
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
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)**
   - The Public Distribution System (PDS) and the Targeted Public Distribution System (TPDS)
   - Antyodaya Anna Yojana (AYY)
   - National Food for Work Programme (NFFWP), Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA)
   - 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

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
NABH Regulations in context with Dietitians

Traditional Diets

References:


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

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

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(ACADEMIC)
University of RAJASTHAN
JAIPUR
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
18. Planning and preparation of diet for Liver Cirrhosis
19. Planning and preparation of diet for Pancreatitis
20. Planning nutrition support for fatty liver
22. Plan, calculate diets for food intolerances and counsel them regarding management of food intolerance

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

**Paper Code : FHN 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. 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
2. Visit to different institutes for eg:
   - Girls' hostel
   - Railway canteen
   - Office
   - College
   - Akshaya patra
3. Quantity cookery classes for preparation of food items for eg: Coconut cookies, Samosas, Chole tikki, Masala idlies, Masoor dal pakories, Bhelpuri, Dahiwada, Chikki etc.

SKILL DEVELOPMENT IN CLINICAL NUTRITION (PRACTICAL)

Paper Code: FHN 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

1. Working of a Dietetics Department in a hospital. Job profile of a Dietician, liaison with doctors and nursing staff.
2. Assessment of Nutritional Status of Hospitalized patients- in 4 wards on rotation

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(Academic)
University of Rajasthan
Jaipur
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<td>To understand the working of a Kitchen in a hospital. Inventory and management of kitchen. Duties of a Dietician in menu planning.</td>
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<td>Recipe modification and standardization in the lab</td>
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<td>Conversion of requisitions and prescriptions to menus</td>
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| 6 | 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. |
| 7 | Report writing and submission and presentation |
# Fourth Semester

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CCC = 18, 
ECC = 18
Total = 36 credits
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:
Unit I

1. Nutrition in health and fitness
   - Interrelationship between health, nutrition, exercise and fitness
   - Energy input and output
   - Effect of specific nutrients on work performance and fitness
2. Sports nutrition
   - Energy sources during different exercises
   - Nutritional requirements of athletes
   - Water and electrolyte balance.

Unit II

3. Nutrition in Renal Disorders:-
   - Glomerulonephritis
   - Nephrotic Syndrome
   - Acute Renal Failure
   - Chronic Renal Failure
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

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.
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

1. **Programme planning and management in public health nutrition**
   - Steps in programme planning / planning cycle
   - Planning Models
   - Program implementation
   - Application of management methods and techniques in the health care delivery system

### UNIT II

2. **Programme Monitoring and Evaluation**
   - Definition, significance and purpose of monitoring nutrition programme
   - Identification and selection of indicators for monitoring nutrition programmes
   - Definition, significance and purpose of evaluation nutrition programmes
   - Identification and selection of indicators for evaluation
   - Management of Data

### UNIT III

3. **Nutrition Communication**
   - Definition and need for nutrition - health education
   - Concept and objectives of communication for behavior change
   - Designing nutrition - health education plan
   - Characteristics of commonly used nutrition and health education materials, including social marketing

4. **Nutrition Surveillance**
   - Objectives, Purposes and indications used in nutrition surveillance
   - Agencies for nutrition surveillance in India

5. **Marketing Nutrition Programs and Service**
   - Marketing Research
   - Business and Social Marketing
   - Evaluation
   - Marketing Ethics

## References:


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
   - 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 foods 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.
   - 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
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:

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
c. Planning preventive nutrition for Hyperlipidemias
d. Planning preventive nutrition for hypertension (DASH diet)

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. AIDS
   Dietary management for HIV AIDS patients.

Cancer
   Plan for cancer patients.
   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 – 1**

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
• biographies, oral history (normative).

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 trails

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  
x)i) 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  
   | iii) Summary and conclusions- structure, conclusions  
   | iv) Recommendations- relevant to research work |
| 5. | 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 (MFPPI)  
   | vi) Indian National Science Academy (INSA)  
   | vii) Indian Council of Agricultural Research (ICAR)  

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University of Rajasthan  
JAIPUR
viii) Council of Scientific and Industrial Research (CSIR)
ix) Indian Council of Social Science Research (ICSSR)

International Agencies
i) UN Agencies: UNICEF, USAID, UNFPA
ii) International Funding of Science
iii) Third World Academy of Sciences
iv) Third World Network of Scientific Organization

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: FHN D11
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 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: FHN 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**

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 AWCs- 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 HBNC 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. **Application 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**