



Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore
Shri Vaishnav Institute of Home Science
Choice Based Credit System (CBCS) in Light of NEP-2020
B. Sc. Food and Nutrition Sem VI (2021 – 2024)

Subject Code	Category	Subject Name	Teaching and Evaluation Scheme								
			Theory			Practical		L	T	P	CREDITS
			End Sem University Exam (60%)	Two Term Exam (20%)	Teacher Assessment (20%)	End Sem University Exam (60%)	Teacher Assessment (40%)				
FSN601	CC	Diet Therapy II	60	20	20	0	0	3	0	0	3

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C - Credit;

***Teacher Assessment** shall be based following components: Quiz/Assignment/ Project/Participation in class, given that no component shall exceed more than 10 marks.

Course Educational Objectives (CEOs): The students will

- **CEO 1:** understand the foundation sciences which involve therapeutic dietetics practice, the principles of disease prevention and health promotion, the principles of therapeutic intervention practice.
- **CEO 2:** define and memorize the degenerative diseases, role of diet in the management of various types of diseases through various feeding technique.

Course Outcomes (COs): Student should be able to

- **CO1:** comprehend diabetes, associated metabolic changes, management, and related complications.
- **CO2:** develop profound understanding for various types of renal diseases and their dietary management.
- **CO3:** expertise in planning of preoperative and post operative diet.
- **CO4:** comprehend with food allergies and intolerance.
- **CO5:** understand and learn the nutritional care in cancers.

FSN 601: Diet Therapy II

Unit I

- Nutrition in Diabetes Mellitus: prevalence, classification, factors influencing, risk Factors, clinical characteristics.
- Metabolic changes in Diabetes and diagnosis and management of Diabetes Mellitus.
- Complications of Diabetes-Hypoglycemia, DKA, Fasting Hyperglycemia long term complications.

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Unit II

- Nutrition in Renal Diseases: Renal Function in Disease etiology, clinical symptoms and course of Disease, dietary management,
- feeding Pattern for Glomerulonephritis, Nephrotic Syndrome, Chronic Kidney disease and Kidney Dialysis.

Unit III

- Nutrition in Surgical Conditions: preoperative and post operative Diet.
- Fluid & Electrolyte Repletion.
- Medical Nutritional Therapy in trauma and hormonal response.

Unit IV

- Medical Nutritional Therapy for food allergy and food intolerance: definitions, symptoms, risk factors, food intolerances, diagnosis.
- Food challenge comprehend with food allergies and intolerance.

Unit V

- Cancer Nutritional care in Cancer: pathophysiology, causes, types, treatment-nutrition, and medical management
- Role of antioxidants and nutritional problems in cancer treatment.

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Suggested Readings

- Srilakshmi.B, (2005): *Dietetics*, 5th edition, New Age International(P) Limited Publishers, New Delhi Therapeutic Nutrition, 17th Ed.,
- Antia, F.P. (2005): *Clinical Nutrition and Dietetics*, Oxford University Press, Delhi Mahan, L.K.,
- Shubhangini A Joshi (2002): *Nutrition and Dietetics*, 2nd edition, Tata Mc Graw-Hill Publishing Company Limited, New Delhi.
- Arlin, M.T. (2000): *Krause's Food, Nutrition and Diet therapy*, 11th edition, W. B. Saunders Company, London.
- Robinson, C.H. Lawler M.R., Chenoweth, W.L. and Garwick, A.E. (2000). *Normal and Therapeutic Nutrition*. Mac Millan Publishing Co.
- Mac Millan Publishing Co Williams's (1989): *Nutrition and diet Therapy*. 6th edition. Times Mirror/Mosby College Publishing, St. Louis. Antia, F.P. (2005). *Clinical Nutrition and Dietetics*. Oxford University Press. Delhi

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FSN601 (P)	CC	Diet therapy II Practical	0	0	0	30	20	0	0	4	2

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C - Credit;
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Course Educational Objectives (CEOs): The students will

- **CEO 1:** understand the foundation sciences which involve therapeutic dietetics practice, the principles of disease prevention and health promotion, the principles of therapeutic intervention practice.
- **CEO 2:** develop comprehensive understanding of different nutraceuticals and functional foods.

Course Outcomes (COs): Student should be able to

- **CO1:** formulate therapeutic diet for critically ill patients.
- **CO2:** Formulation educational tools for Nutritional counseling.

Diet Therapy II Practical's.

- Planning and preparing diet for NIDDM patients.
- Planning and preparing diet for IDDM patients.
- Planning and preparing diet for Glomerulonephritis and Nephritic Syndrome.
- Planning and preparing diet for Renal Failure Patients.
- Planning and preparing of preoperative and post operative diet.
- Planning and preparing diet for cancer patients.

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- Shubhangini A Joshi (2002). *Nutrition and Dietetics*. Tata Mc Graw-Hill Publishing Company Limited New Delhi.
- Mahan, L.K., Arlin, M.T. (2000), *Krause's Food, Nutrition and Diet therapy*, 11th edition, W.B. Saunders Company, London.
- Robinson, C.H. Lawler M.R., Chenoweth, W.L., and Garwick, A.E. (1986). *Normal and Therapeutic Nutrition*. Mac Millan Publishing Co.

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FSN6022	DSE	Nutritional Counseling	60	20	20	0	0	3	0	0	3

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C - Credit;
***Teacher Assessment** shall be based following components: Quiz/Assignment/ Project/Participation in class, given that no component shall exceed more than 10 marks.

Course Educational Objectives (CEOs): The students will

- **CEO1:** understand the influence of counseling on disease management and identify components of counseling skills.
- **COE2:** develop skills of counseling for specific disease conditions.
- **CEO3:** acquire the basic skills required for conducting interviews and counselling sessions related to the field of nutrition and dietetics.

Course Outcomes (COs): Student should be able to

- **CO1:** define nutrition counseling and the interview process.
- **CO2:** discuss the dietetic practitioner's role in conducting interviews and counseling clients.
- **CO3:** become proficient in the basic skills and techniques for conducting interviews and counseling as related to field of nutrition and dietetics.

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FSN6022: Nutritional Counseling

UNIT I

- Nutrition Counseling: Concept and importance of counseling in the nutrition care process.
- Understanding dietary patterns and food choices and their impact on counseling. Counseling strategies and factors to be considered for counseling.
- Conventional and non-conventional tools in counseling.

UNIT II

- Basics of Communication: Meaning, forms and methods of Communication.
- Characteristic and barriers of effective communication,
- Skills, and attributes of a communicator.
- Current and emerging methods/tools of communication.

UNIT III

- Processes involved in dietary counseling: Managing resources of the communicator/counselor.
- Designing counseling plans: goals & objectives, evaluation instruments.
- Implementation: facilitating self-management of disease condition.
- Evaluation: evaluating adherence to dietary changes.

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UNIT IV

Dietary counseling through the life span:

- Prenatal and pregnant women, Lactating women, Childhood nutrition problems like SAM.
- School children, adolescents, young adults.
- Fitness, weight management, eating disorders.

UNIT V

- Nutritional/medicinal role of traditional foods traditional food beliefs.
- Role of Ayurveda, Naturopathy, Yoga and other traditional medicines in disease management.

Suggested readings:

- Mahan, L. K. and Escott Stump. S. (2016) *Krause's Food & Nutrition Therapy* 14th ed.
- Devito Joseph A. (2015). *Human Communication: The Basic Course*. New York: Pearson
- Snetselaar L. (2009). *Nutrition Counseling Skills for the Nutrition Care Process*. FourthEd. Sudbury, Massachusetts: Jones Bartlett Publishers.
- Midwinter R and Dickson J.(2015). Embedding *Counseling and Communication Skills*.Relational Skills Model. Routledge.
- Holli B Betsy and Beto A Judith. (2014). *Nutrition Counseling and Education Skills forDietetics Professionals*. Sixth edition.
- Gable J. (2016). *Counseling Skills for Dietitians*. Florida, USA.
- King K and Klawitter B.(2007). *Nutrition Therapy*. Advanced Counseling Skills. Third Edition. Philadelphia.

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FSN603	CC	Nutrition through life cycle	60	20	20	0	0	3	0	0	3

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C - Credit;

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Course Educational Objectives (CEOs): The students will -

CEO1: able to discuss, contrast and evaluate the roles of nutrition within the complex processes of pregnancy, lactation, child development and ageing.

CEO2: discuss the impact of socioeconomic, cultural, and psychological factors on food and nutrition behavior.

Course Outcomes (COs): Student should be able to-

CO1: acquire knowledge about physiological status and nutrition of pregnancy and lactation.

CO2: understand about physiological status and nutritional requirements of infancy and childhood.

CO3: familiarize with development and nutritional requirements of preschool and school going children.

CO4: learn about nutritional requirements of adults and old age.

FSN603: Nutrition through life cycle

Unit I

- Infancy: physiological development and nutritional requirements.
- Complimentary food: weaning pattern, composition, general principles in feeding infants, special feeding problems and nutritional requirements of toddlers (1-3years).

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UNIT II

- Childhood - pre-school and school going growth and development, nutritional requirements, factors influencing food intake and nutritional concerns.

UNIT III

- Adolescence - growth and development, physiologic changes, nutritional requirements and situations with special needs. Eating disorder.

UNIT IV

- Adulthood- nutrient needs, modifications for different activity levels and different income groups. Complication of adulthood.
- Geriatrics -Nutrient requirements during old age, process of aging and nutrition related problems of old Age.

UNIT V

- Pregnancy- physiological stages of pregnancy, effect of nutritional status on pregnancy outcome, nutritional requirements, guide for eating during pregnancy, complications of pregnancy and their dietary implications.
- Lactation - physiology and nutritional requirements.

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- Shubhangini A Joshi (2021). *Nutrition and Dietetics*. Tata Mc Graw-Hill Publishing Company Limited. New Delhi.
- Chadha R and Mathur P eds. (2015). *Nutrition : A Lifecycle Approach*. Orient Blackswan, New Delhi.
- Khanna K, Gupta S, Seth R, Passi SJ, Mahna R, Puri S (2013). *Textbook of Nutrition and Dietetics*. Delhi: Elite Publishing House Pvt. Ltd.
- Antia, F.P. (2005). *Clinical Nutrition and Dietetics*. Oxford University Press. Delhi.
- Srilakshmi, B. (2005). *Dietetics*. New Age International Limited Publishers. New Delhi Mahan,
- L.K., Arlin, M.T. (2000). *Krause's Food, Nutrition and Diet therapy*, W.B.Saunders Company. London.

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FSN 6021	VI	Health and Fitness	60	20	20	0	0	3	0	0	3	

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- **CO2:** develop profound understanding for various types of renal diseases and their dietary management.
- **CO3:** expertise in planning of preoperative and post operative diet.
- **CO4:** comprehend with food allergies and intolerance.
- **CO5:** understand and learn the nutritional care in cancers.

FSN 6021: HEALTH AND FITNESS

UNIT I

- Health: definition, meaning of health and factors affecting health.
- Health hazards: environment, population explosion, explosives, adulteration, dampness and measures to prevent health hazard.

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UNIT II

- Food for health promotion: definition of food, Nutrition, Nutrients and Nutritional status.
- Functions of food: physiological, psychological and socio - cultural functions, constituents of food and their functions.

UNIT III

- Physical fitness components - speed, strength, endurance, flexibility and coordinative abilities.
- Types of physical fitness, health related physical fitness, performance related physical fitness and cosmetic fitness.

UNIT IV

- Sports nutrition: Introduction to kin anthropometry, requirements during training and performance for athletes and endurance games, aerobic and anaerobic exercise.
- Health club equipment's & activities: tread mill, hammer strength, steppers, cycles, body sculpting, kick boxing. reebok ridge rocker, hanging, hand grips, swing, climbing and lifting weight.

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UNIT V

- Health insurance scheme (government & non government) Mediclaim policy, Employee state insurance scheme, ICICI health scheme, specialized insurance scheme and others.

Reference Books:

- Narayan dash B. (2003). *Health & physical education*. Neelkamal publications. Hyderabad.
- Mahan, L.K., Arlin, M.T. (2000). *Krause's Food, Nutrition and Diet therapy*. W.B. Saunders Company. London.

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