



Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore

Shri Vaishnav Institute of Home Science

Choice Based Credit System (CBCS) in Light of NEP-2020

UG IV SEM VOCATIONAL COURSE – Food Nutrition

Subject Code	Category	Subject Name	Teaching and Evaluation Scheme								
			Theory			Practical		L	T	P	CREDITS
			End Sem University Exam(60%)	Two Term Exam(20%)	Teachers Assessment(20%)	End Sem University Exam(60%)	Teachers Assessment (40%)				
VUFN402	GE	Tools for Nutritional Assessment	60	20	20	0	0	0	2	4	4

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 community at large, its health indices, prevalent nutritional problems their assessment.

CEO2: gain knowledge about community nutrition services policies and programs.

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

CO1: acquire knowledge about community health, nutritional assessment, and surveillance.

CO2: understand dietary surveys and food security.

CO3: familiarize with clinical symptoms of PEM and other diseases.

CO4: develop skills of anthropometric assessment.

CO5: gain awareness on national and international nutritional programs.

Syllabus

UNIT I

- Concept of community, factors affecting the health of the community.
- Importance of nutrition in community development.

UNIT II

- Assessment of nutritional status: need, importance, methods and application.
- Techniques of measuring height, weight, head, chest and arm circumference, interpretation of these measurements.

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Unit III

Use of growth charts for nutrition assessment of child.

- Weight for Age
- Height for Weight
- Height for Age

Unit IV

- Common nutritional deficiencies- Etiology, clinical features, prevention and management of nutritional deficiencies
- Planning and Preparation of low-cost recipes for
 - Protein Deficiency.
 - Iron and Folic acid Deficiency
 - Vitamin A deficiency
 - Complementary Foods (emphases of premixes and ARF)

Unit V

- Detection of common adulterants in food by use of simple adulterants tests
 - Milk
 - Ghee
 - Turmeric powder.

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Suggested readings:

- King, M.H. Morley, D. and Burges, A.P., (2015). *Nutrition for Developing Countries*, Oxford: ELBS Oxford University Press.
- Mahajan, B.K., Saha R.N., and Gupta, M.C., (2013). *Textbook of Preventive and Social Medicine*. Jaypee Brothers Medical Publishers. New Delhi.
- [Wadhwa](#), A., (2013). *Nutrition in the Community*. Elite Publishing House. New Delhi.
- Seshubabu, V. (2011). *Review on Community Medicine*. Paras Medical Books Pvt Ltd.
- Gibney M.J., Margetts, B.M., Kearney, J. M. Arab, I., (Eds) (2004). *Public Health Nutrition*, NS Blackwell Publishing.
- Wadhwa A and Sharma S (2003). *Nutrition in the Community- A Textbook*. Elite Publishing Pvt Ltd, New Delhi

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