**SHRI H N SHUKLA NURSING INSTITUTE**

**Affiliated By Saurashtra University, Permitted By I.N.C. & G.N.C. And Recognized By G.O.G.**

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**NUTRITION**

**BATCH** : F.Y. GNM

**T0TAL HOURS** : 30Hrs

**CENTRAL OBJECTIVES :** This course is designed to help students understand that nutrition is an integral component of health as nutrients play a vital role in the growth, development and maintenance of the body..

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| UNIT/Total hours | LEARNING OBJECTIVE | CONTENT | TEACHINGLEARNING ACTIVITY | A.V. AIDS | EVALUATIO N |
| I (2) | Describe the relationship between nutrition and health | **Introduction**1. Meaning of food, nutrition, nutrients etc.
2. Food Habits and customs
3. Factors affecting nutrition
4. Changing concepts in food and nutrition.
5. Relation of Nutrition to Health.
 | * Lecture cum discussion
* Group Discussion
 | * Black board
* Charts
 | * Short answer question
* Short answer question and objective type question
* Evaluation of Group Discussion
 |
| II(2) | Describe theclassification of | **Classification of food**a) Classification by origin: | * Lecture come
 | * Transparency
 | * Short answer
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|  | food. | * Food and animal origin
* Food of plant origin

b) Classification by chemical composition and sources* Carbohydrates
* Proteins
* Fats
* Minerals
* Vitamins
* Water

c) Classification by predominant functions* Body building food
* Energy giving food
* Protective food

d) Classification by nutritive value* Cereals and millets
* Pulses and legumes
* Vegetables
* Nuts and oil seeds
* Fruits
* Animal food
* Fats and oils
* Sugar and jiggery
* Condiments and spices
* Miscellaneous food.
 | discussionExplain with use of Specimen.* Power point presentation
* Lecture come discussion
 | * Brain, Spinal cord , cranial nerves , spinal nerves.
* LCD
* Black board
 | question* objective type question
* Essay type question
* Short answer question
 |
| III(4) | Explain normal dietary requirementsDemonstrate skill in calculating normal foodrequirements. | **Normal Dietary Requirements**1. Energy: Calorie, Measurement, Body Mass Index, BasalMetabolic Rate – determination and factors affecting
2. Balanced Diet – nutritive value of foods, calculation for different categories of people, normal

food requirement calculation.Menu plan. Combination of food affecting and enhancing | * Lecture
* & Explain with use of microscopic slides
* Lecture come discussion
 | * Black Board
* Blood Slides

Transparency | * Short note
* Short answer question
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|  |  | the nutritive value of the diet.1. Budgeting for food, low cost meals, food substitutes.
2. Diseases and disorders caused by the imbalance of nutrients.
3. Food allergy –causes, types, diet modifications in glutein, lactose and protein intolerance etc.
4. Food intolerance - inborn errors of metabolism
 | * Power point presentation
 | * LCD
* Black Board
* Black Board
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| IV(2) | Describe theprinciples and various methods of preparation, preservation and storage of food. | **Food Preparation, Preservation & Storage**1. Principles of cooking, methods of cooking and the effect of cooking on food and various nutrients.

Safe food handling, health of food handlers.1. Methods of food preservation– household and commercial, precautions.
2. Food storage – cooked and raw, household and commercial, ill effects of poorly stored food.
3. Food adulteration and acts related to it.
 | * Power point presentation
* Lecture come discussion
* Lecture come discussion
 | Transparency* LCD
* Black Board
 | Short note* Short answer question
* objective type question
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* Essay type question
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| V(8) | Describe about therapeutic diet | **Therapeutic Diet**1. Diet modification in relation to medical and surgical condition

of the individual such as Protein Energy Malnutrition (PEM), Diabetes, Cardio Vascular disease, Hepatitis, Renal, Gouts, Irritable Bowel Syndrome (IBS), Obesity, cholecystectomy, partial gastrectomy, gastrostomy, bariatric surgery and colostomy etc.1. Special diet – low sodium diet, fat free diet, diabetic diet, bland diet, high protein diet, low protein diet, low calorie diet, geriatric diet,iron rich diet, liquid diet, semi-solid

diet, soft diet and high fiber dietetc1. Factors affecting diet acceptance, feeding the helpless patient.
2. Health education on nutrition needs and methods in diet modification .
 | * Power point presentation
* Lecture come discussion
* Lecture come discussion
 | Transparency* LCD
* Black Board

Black Board | * Short note
* Short answer question
* objective type question
* Lecture
* Essay type question
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| VI(4) | Describe the concept of community nutrition | **Community Nutrition**1. Nutritional problems and programs in India
2. Community food supply, food hygiene and commercially prepared and grown food available locally.
3. National and international food agencies – Central food training research institute (CFTRI), Food and agriculture organization (FAO), National Institute of Nutrition (NIN), Food Safety

and Standards Authority of India (FSSAI), CARE (Cooperative for Assistance and Relief Everywhere), National Institute of Public Cooperation and Child Development (NIPCCD) etc. | * Power point presentation
* Lecture come discussion
* Lecture come discussion
 | Transparency* LCD
* Black Board

Black Board | * Short note
* Short answer question
* objective type question
* Lecture
* Essay type question
 |
| VII(8) | Demonstrate skill in preparation of common food items. | **Preparation of diet / practical**1. Beverages: hot and cold, juice, shakes, soups, lassi, barley water
2. Egg preparation: egg flip, scramble, omlet, poached egg
3. Light diet: porridges, gruel, khichari, dahlia, kanji, boiled
 | * Power point presentation
 | Transparency | * Short note
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|  |  | vegetables, salads, custards.d) Low cost high nutrition diets - chikki, multigrain roti | * Lecture come discussion
* Lecture come discussion
 | * LCD
* Black Board

Black Board | * Short answer question
* objective type question
* Lecture
* Essay type question
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