



**VIDYASAGAR UNIVERSITY**

**Midnapore**

**National Skill Qualification Framework (NSQF)**

**A UGC sponsored Scheme**

*for*

**Certificate Course in Dietetics**

# Syllabus of the Certificate Course

## CONTENT

**Theoretical papers = 150 marks**

**Course 01: Human Nutrition (4 credits)-50 marks**

**Course 02: Diet Therapy (4 credits)-50 marks**

**Course 03: Basic Nutrition, food safety and food Preservation (4 credits)-50 marks**

**Practical papers = 300 marks**

**Course 04: Family meal planning and Basic Dietetics(4.5 credits)- 75 marks**

**Course 05: Community Nutrition(4.5 credits)-75 marks**

**Course 06: Nutritional aspects of Food Items(9 credits)-150 marks (Part-A- 50 marks; Part-B- 100 marks)**

### **Course 01: Human Nutrition**

1. Concept and definition of terms-Nutrition, food, diet and malnutrition.
2. Minimum Nutritional Requirement and RDA
3. Idea of Energy and its unit, Assessment of Energy Requirements, Energy in food, B.M.R.
4. Growth monitoring and promotion: Use of growth charts and standards and role of nutrition.
5. Prevention of growth faltering.

### **Course 02: Diet Therapy**

1. Basic concepts of diet therapy:
2. Therapeutic adaptations of normal diet.
3. Diets to prevent metabolic disorders(Diabetes)
4. Antidiarrhoeal diet.
5. Diet for anaemia.
6. Diet for pregnancy and lactation.
7. Weaning food

### **Course 03: Basic Nutrition, food safety and Food Preservation**

1. Food Guide- Basic food groups (ICMR).
2. Function of nutrients- Carbohydrate, protein, fat, vitamins, minerals,.
3. Role of dietary fibre, antioxidants and fermented food.
4. Effect of cooking and heat processing on the nutritive value of foods. Processed supplementary foods.
5. Food adulteration and food preservatives.
6. Food safety, food sanitation and food hygiene.
7. Basic concept of hygienic kitchen
8. Basic idea about different food standards.

### **Practical**

### **Course 04: Family meal planning and Dietetics**

1. Planning and preparation of normal diets.
2. Planning and preparation of balanced diet in pregnancy and lactation.
3. Preparation of weaning food
4. Planning and preparation of balanced diet for a pre-school children, school going child/ mid day meal/ICDS and adolescents.
5. Family nutritional survey.
6. Planning and preparation of balanced diet for adult men and women of different Physical activity and economic status.

**Note:** In laboratory note book, calculation of nutritive value should be recorded according to portion size of specific diet for particular individual.

### **Course 05: Therapeutic nutrition and dietetics**

1. Planning and preparation of balanced diet for diabetes
2. Planning and preparation of diet in diarrhoeal diseases.
3. Low and medium cost diets for PEM
4. Low and medium cost diets for anaemia
5. Exposure to hygienic kitchen

### **Course 06: Community Nutrition and field visit**

#### **Part A**

1. Anthropometric Measurement of child - Length, weight, circumference of chest, head mid-upper arm and calf.
2. Comparison with norms and interpretation of the nutritional assessment data and its significance. Weight for age, height for age, weight for height, body Mass Index (BMI). Waist - Hip Ratio (WHR).
3. Growth charts - plotting of growth charts, growth monitoring and promotion.

4. Clinical assessment and signs of nutrient deficiencies specially PEM (Kwashiorkor, marasmus) and anaemia.
5. Estimation of food and nutrient intake: Household food consumption data, adult consumption unit.

**Part B**

Field visit to Hospitals/restaurants/ hotels/ hygienic kitchen/School/ICDS center.