



VIDYASAGAR UNIVERSITY

Midnapore

Community College Centre

National Skill Qualification Framework (NSQF)

A UGC sponsored Scheme

for

Certificate Course in Dietetics

Syllabus of the Dietetics 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:**

Nutritional Status Assessment and Family meal planning (6 credits) : 100marks

- **Course 05:**

Anthropometric Assessment & therapeutic Nutrition (6 credits) : 100 marks

- **Course 06:**

Assignment Programme and Field Visit (6 credits) : 100 marks

- Part-A- 50 marks

- Part-B- 50 marks

Course 01: Human Nutrition

Module - I

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.

Module – II

1. Growth monitoring and promotion: Use of growth charts and standards and role of nutrition.
2. Prevention of growth faltering.

Course 02: Diet Therapy

Module I:

1. Basic concepts of diet therapy:
2. Therapeutic adaptations of normal diet.
3. Diets to prevent metabolic disorders - Diabetes
4. Antidiarrheal diet.

Module II:

5. Diet for anemia assessment
6. Diet for pregnant and lactating mothers.
7. Weaning foods

Course 03: Basic Nutrition, food safety and Food Preservation

Module – I

1. Food Guide- Basic food groups (ICMR).
2. Function of nutrients- Carbohydrate, protein, fat, vitamins, minerals,
3. Role of dietary fiber, antioxidants and fermented food.
4. Effect of cooking and heat processing on the nutritive value of foods. Processed supplementary foods.

Module – II

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: Nutritional status assessment and Family meal planning

1. Estimation of food and nutrient intake: Household food consumption data, adult consumption unit.

2. Planning and preparation of normal diets.
3. Planning and preparation of balanced diet in pregnancy and lactation.
4. Preparation of weaning food
5. Planning and preparation of balanced diet for a pre-school child, school going child/ mid-day meal/ICDS and adolescents.
6. Family nutritional survey.
7. Planning and preparation of balanced diet for adult men and women of different Physical activity and economic status.
8. Growth charts - plotting of growth charts, growth monitoring and promotion.
9. Preparation- low calorie, low fat breakfast. Energy controlled lunch and dinner.
Preparation of weaning food.
10. Clinical assessment and signs of nutrient deficiencies specially PEM (Kwashiorkor, marasmus) and anemia.

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

Course 05: Anthropometric and Therapeutic nutrition

1. Planning and preparation of balanced diet for diabetes management.
2. Planning and preparation of diet in diarrheal diseases.
3. Low and medium cost diets for PEM management
4. Low and medium cost diets for anemia prevention and recovery
5. Exposure to hygienic kitchen
6. Anthropometric Measurement of child - Length, weight, circumference of chest, head mid-upper arm and calf, body composition assessment.
7. 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).

Course 06: Assignment programme and field visit

Part A – Assignment Programme

1. Quality and safety assessment of milk, meat and poultry.
2. Hb assessment, blood sugar, lipid profile assessment

Part B - Field Visit

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

Instruments Required for the Course

1. Centrifuge
2. Cold centrifuge
3. Micropipette
4. Incubator
5. Shaker
6. Microscope with camera
 - Compound microscope
7. Video camera
8. Microwave oven
9. pH meter
10. Glucometer
11. Haemoglobinometer
12. Anthropometer
13. Infantometer
14. Skin fold caliper
15. Software for nutritive value assessment
16. Laminar air flow
17. Autoclave