

Semester:I**Course no: 316****Public Health Nutrition I****Credit Hours: 3+0= 3****Total Periods= 52****1 Period= 45min**

S.No	Topics	Main Points	References	Periods
1	Part I. Causes of Malnutrition Chapter 1. International nutrition and world food problems in perspective	<ul style="list-style-type: none">• International Conference On Nutrition• Scale of problems• Nutrition improvement: Nature and evolution• Causes of Malnutrition• Promotion and Protection of Nutrition well being• The six Ps and multidisciplinary perspective	1	2
2	Chapter 2. Food Production and Food security	<ul style="list-style-type: none">• National Food security• Food availability• Access to food• House hold food security and its components• House hold food insecurity• Food policies in developmental context	1	3
3	Chapter 3. Nutrition and infection, Health and Disease	<ul style="list-style-type: none">• The Immune system• Effect of malnutrition on Infection• Effect of infection on Malnutrition.	1	4
4	Chapter 4. Social and Cultural factors in Nutrition	<ul style="list-style-type: none">• Food Habits and their origins• Advantages of traditional food habits• Food taboos• Changing and harmful new habits• Nutritionist Role in promoting or protecting Good Food Habits	1	2

5	Chapter 5. Population, food, nutrition and Family Planning.	<ul style="list-style-type: none"> • Population Growth • Effect of urbanization,technology on population • Family planning 	1	2
6	Chapter 6. Nutrition During particular times in the lifecycle of pregnancy, lactation infancy, childhood and old age	<ul style="list-style-type: none"> • Nutrition in Reproductive age • Nutrition during pregnancy and lactation • Nutrition in Infants, preschool and school age children. • Nutrition at old age 	1	4
7	Chapter 7. Breast feeding	<ul style="list-style-type: none"> • Advantages of breastfeeding • Problems with bottle feeding • Properties and value of Breastmilk • Protection supports and promotion of breastfeeding. 	1	4
8	Part II Basic Nutrition Chapter 8. Body composition, the functions of food , metabolism and energy	<ul style="list-style-type: none"> • Human Body composition • Dietary constituents • Metabolism and energy 	1	4
9	Chapter 9. Macronutrients.	<ul style="list-style-type: none"> • Carbohydrates, types and their function • Proteins ,amino acids their digestion and absorption • Fats, composition and types 		6

10	Chapter 10. Minerals.	<ul style="list-style-type: none"> • Calcium, Iron, Iodine, Flourine, zinc and trace elements • Their properties, functions, dietary sources and deficiency diseases 		4
11	Chapter 11. Vitamins.	<ul style="list-style-type: none"> • Vitamin A ,Thiamine, Riboflavin, Niacin, B12, Folic acid, Vitamin C and D: properties, dietary sources, absorption and utilization, storage in the body, requirements and deficiency. • Other Vitamins 	1	4
12	Part III - Foods. Chapter 25. Food Composition Tables, Nutrient Requirements and food balance sheets	<ul style="list-style-type: none"> • Food Composition Tables • Recommended Dietary Allowances • Food Balance Sheets 	1	2
13	Chapter 26. Cereals, starchy Roots and other mainly Carbohydrate foods.	<ul style="list-style-type: none"> • Types of Cereal Grains, • Cereal Grain structure • Processing of grains • Major Grains and their nutritional value • Starchy roots and their nutritional value • Other Carbohydrate Foods. 	1,2	2
14	Chapter 27. Legumes, nuts and Oil seeds.	<ul style="list-style-type: none"> • Legumes and their nutritional value • Nuts their types and nutritional value. 	1,2	2

15	Chapter 28. Vegetables and Fruits.	Types of vegetables and fruits and their nutritional value.	1,2	1
16	Chapter 29. Meat, Fish, Eggs, milk and their products.	<ul style="list-style-type: none"> • • Meat and meat products • Fish sea foods • Eggs Composition and nutritional value • Milk and milk Products, composition and nutritional value. 	1,2	2
17	Chapter 30. Oils and Fats	<ul style="list-style-type: none"> • Butter, margarine, ghee, lard and vegetable oil. 	1,2	1
18	Chapter 31. Beverages and Condiments.	<ul style="list-style-type: none"> • Traditional beverages and fruit juices • Condiments role in diets. 	1,2	1
19	Chapter 32. Food Processing and fortification.	<ul style="list-style-type: none"> • Cooking • Germination of Grains • Preservation of Food (physical, chemical, biological) • Fortification of food. 	1	2

BOOKS RECOMMENDED

1. Michael C. Latham Human Nutrition in the Developing World (Fao Food and Nutrition Paper) Food & Agriculture Organization of the United (1997)

Marking Scheme: Public Health Nutrition I

Exams	Total Marks	Objectives	Subjective
Mid Term	40 Theory 30 Practical+Class Assignment=10	60-80%	20-40%
Final Term	60	60-80%	20-40%