

Semester:VII

Course no:613.5

Nutrition Through Life Cycle-I (Theory)

Credit Hours:3

Total Periods=60

1 Period= 45min

S.No	Topics	Main Points	References	Periods
1	Introduction to the Lifecycle	<ul style="list-style-type: none"> • Role of Nutrition • Principle of the science of nutrition • Nutritional labeling • Approach to nutrition and health across the lifecycle • Nutrition assessment • My pyramid 	1	4
2	Maternal Nutrition	<p align="center"><u>Pre Conception Nutrition</u></p> <ul style="list-style-type: none"> • Preconception overview • Nutrition related disruption infertility • preconceptional nutritional concerns • recommended dietary intake for preconceptional women • components of nutrition care process <p align="center"><u>Conditions and interventions</u></p> <ul style="list-style-type: none"> • Premenstrual syndrome • obesity and fertility, eating disorder and fertility • Diabetes prior to pregnancy • Polycystic ovary syndrome • Disorders of metabolism <p align="center"><u>Post Conception</u></p> <ul style="list-style-type: none"> • The status of pregnancy outcomes • Physiology of pregnancy • Embryonic and fetal growth and development • Pregnancy weight gain • Nutrient needs during pregnancy • Healthy diet for pregnancy • Dietary supplements during pregnancy • Exercise and pregnancy outcomes • Common health problem during pregnancy 	1	6 6 6
3	Nutrition During Pregnancy Conditions and Interventions	<ul style="list-style-type: none"> • Obesity and pregnancy • Hypertensive disorder of pregnancy • Diabetes and pregnancy • Multi-fetal pregnancies • Nutrition management of women with HIV • Eating disorder in pregnancy • Nutrition and adolescent pregnancy 	1	6

4	Introduction to the Lifecycle	<ul style="list-style-type: none"> • Lactation physiology • Human milk composition • Benefits of breast feeding • Breast milk supply and demand • the breast feeding infant • Maternal diet • factors influencing breast feeding breast feeding promotion facilitation and support 	1	6
5	Nutrition during lactation Conditions and intervention	<ul style="list-style-type: none"> • Common breastfeeding conditions • new natal jaundice and Kernicterus • Breast feeding multiples • Human milk and preterm infants Human milk collection and storage 	1	6
6	Infant Nutrition	<ul style="list-style-type: none"> • Assessing newborn health • Infant development • Feeding in early infancy • development of infant feeding skills • Nutrition guidance Common nutritional problems and concerns 	1	6
7	Infant Nutrition Conditions and interventions	<ul style="list-style-type: none"> • Infants at risk • Energy and nutrient needs • growth • Nutrition for infants with special health care needs • severe preterm birth and nutrition • feeding problems 	1	6
8	Group Activity	<ul style="list-style-type: none"> • Chapter review questions • Case study in the chapter 	1	9 (1 activity per chapter)

BOOK RECOMMENDED

1. Judith E. Brown Nutrition Throughout The Lifecycle. 4th ed., Wadsworth Cengage Learning 2011

Marking Scheme: Nutrition Through Life Cycle-I (Theory)

Exams	Total Marks100	Objectives	Subjective
Mid Term	40	60-70%	30-40%
Final Term	60	60-70%	30-40%