

## 2.9 30709 FOOD AND NUTRITION

### UNIT-1 INTRODUCTION TO FOOD AND NUTRITION

- 1.1 Basic terms used in study of food and nutrition,
- 1.2 BMI and Nutritional Status,
- 1.3 Understanding relationship between food, nutrition and health.

### UNIT-2 BALANCED DIET

- 2.1 Functions of food-physiological,
- 2.2 Psychological and social,
- 2.3 Concept of Balanced Diet,
- 2.4 Food Groups, Food Pyramid.

### UNIT-3 NUTRIENTS

- 3.1 Classification, digestion, functions, dietary sources, RDA, clinical manifestations of deficiency and excess and factors affecting absorption of the following in brief:
- 3.2 Energy
- 3.3 Carbohydrates, lipids and proteins
- 3.4 Fat soluble vitamins-A, D, E and K
- 3.5 Water soluble vitamins, thiamin, riboflavin, niacin, pyridoxine, folate, vitamin B12 and vitamin C
- 3.6 Minerals, calcium, iron, iodine, fluorine, copper and zinc

### UNIT-4 CONCEPTS OF MEAL PLANNING

- 4.1 Factors affecting meal planning, understanding specific considerations for planning meal for different groups of people.

### UNIT-5 METHODS OF COOKING

- 5.1 Dry, moist, frying and microwave cooking,
- 5.2 Advantages, disadvantages and the effect of various methods of cooking on foods.

### UNIT-6 NUTRITIONAL LABELING

- 6.1 Importance, global trends, codex guidelines,
- 6.2 Nutritional labelling in India, FSSAI guidelines.

### Reference Books:

1. Bamji MS, Krishnaswamy K, Brahmam GNV (2009). Textbook of Human Nutrition, 3rd Edition. Oxford and IBH Publishing Co. Pvt. Ltd.
2. Srilakshmi (2007). Food Science, 4th Edition. New Age International Ltd.
3. Srilakshmi,(2005), Dietetics, Revised 5th edition. New Age International Ltd.
4. Wardlaw MG, Paul M Insel Mosby 1996). Perspectives in Nutrition, Third Edition