

SARDAR PATEL UNIVERSITY

Programme: B.Sc (Home Science)

Semester: VI

(Foods & Nutrition)

Syllabus with effect from: November/December-2013

Theory

The course focuses on gaining the knowledge in methods of nutritional assessment to identify people at risk of developing malnutrition and factors contributing to malnutrition.

Objectives:

This course will enable the students to-

- Understand the concept of nutritional status and its relationship to health.
- Know aims, objectives, methods used for assessment of nutritional status.
- Identify the factors responsible for the malnutrition.

Paper Code:UH06CFDN04	Total Credit: 3
Title Of Paper: Nutritional Assessment & Surveillance	

Unit	Description in detail	Weighting (%)
I	Nutritional status assessment and surveillance-meaning, need, and importance	5%
II	Nutrition surveillance system and Nutrition Monitoring. Diet surveys-need, importance, methods of diet survey. Interpretation-concept of consumption unit, intra and inter individual Distribution in family, Adequacy of diet with respect to RDA. Concept of family food security.	25%
III	Direct Nutritional Assessment of Human groups- Clinical signs-need, importance, identifying signs of PEM, Vit A, Anemia, Iodine deficiency. Interpretation of descriptive list of clinical signs. Nutrition Anthropometrics-need and importance, standards for references, techniques of measuring height, weight, head, chest and arm circumference, interpretation of these measurements and use of growth charts. Biochemical tests Biophysical methods	25%
IV	Rapid assessment procedures- need and importance, technique of rapid assessment, interpretation. Surveillance Systems-International, National and Community.	20%
V	Secondary sources of Community health data: Sources of relevant vital statistics, importance of infant, child and maternal mortality rates .Epidemiology of nutritionally related diseases. Sociological factors in etiology and prevention of malnutrition, food production and availability, Cultural influences, socio-economic factors, food consumption, conditioning infections, Psychosocial, emergency/disaster conditioning, Famine, Floods.	25%



Basic Text & Reference Books

- Jelliffe D.B.(1966): Assessment of nutritional status of the community, WHO
- Saln D R Lockwood R Scrimshaw N S (1981) Methods for the evaluation of the Impact and Nutrition Programme U N University.
- Rutchie J A S (1967): learning better nutrition, FAO Rome.
- Gopalan C. Nutritional and Health Care, Nutrition foundation of India, special publication series.
- Beghan I Cap M Dajardan B (1988) A guide to Nutritional Status Assessment WHO Geneva.
- Gopaldas T and Seshadri S (1987) Nutrition monitoring and assessment, Oxford University press.
- Mason J B Habicht J P Tabatabai H Valverde V (1984): Nutritional Surveillance WHO.

