

SARDAR PATEL UNIVERSITY
Programme: B.Sc (Home Science)
Semester: III
Syllabus with effect from: June-2012

Theory

Objective:

- To sensitize students to the concept of community nutrition and its relevance to developing countries.
- To acquaint the students with the common nutritional problems.
- To familiarize the students with the measures taken by the government to improve the Nutritional status of the community.
- To sensitize the students to differences in diet any patterns of the populations.
- To enable the students to plan appropriate interventional foods for the vulnerable groups.
- To enable the students to perform simple tests for detection of food adulteration.

Paper Code: UH03CFDN01	Total Credit: 3
Title Of Paper: Community Nutrition	

Unit	Description in detail	Weighting (%)
I	<p>(A) Concept of community nutrition Relevance of Community Nutrition for a developing country like India</p> <p>(B) Nutritional Problems of the community .Important Nutritional disorders in India-Etiology, Symptoms, Consequences, Treatment and Preventive Measures for:</p> <ul style="list-style-type: none"> ➤ Protein Calorie Malnutrition ➤ Iron and Folic acid deficiency Anemia ➤ Vitamin A deficiency ➤ Iodine deficiency ➤ Fluorosis 	25%
II	<p>National Nutritional Policies National Nutrition Programmes</p> <p>(A) ICDS</p> <p>(B) NDCP (Nutrient Deficiency Control Programmes)</p> <ul style="list-style-type: none"> ➤ National Prophylaxis Programme for Prevention of Blindness due to Vitamin A Deficiency. (NPPPBVD) ➤ National Iodine Deficiency Disorder Control Programme(NIDDCP) ➤ National Nutritional Anemia Control Programme(NNACP) <p>(C) Supplementary Feeding Programme</p> <ul style="list-style-type: none"> ➤ MDM ➤ SNP ➤ PMGY ➤ Balwadi Feeding Programme ➤ CNP ➤ ANP <p>(D) Food Security Programmes</p>	30%



	<ul style="list-style-type: none"> ➤ PDS ➤ TPDS ➤ AAY ➤ AS ➤ NFFWP 	
III	<p>Intervention for the Vulnerable Group</p> <p>Identification of at risk group-Infants & Mothers. Importance of Mothers Milk Bottle Vs Breast feeding – an overview.</p> <p>Importance of complementary foods</p> <ul style="list-style-type: none"> ➤ Planning of complementary foods and other supplementary foods for infants above 6 months and mothers. ➤ Use of premixes, ARF for supplementary feeding <p>Use of growth charts for nutritional assessments.</p> <p>Nutrition Health Education importance and methods</p> <p>Understanding objectives & need & scope of NHE. Importance of NHE. Potential challenges & the constraints of Nutrition Education. Process of NHE communication.</p>	<p>20%</p> <p>10%</p>
IV	<p>Nutrition and Infection –Relations with appropriate examples. Immunization and its importance Life style and nutritional disorders –obesity, diabetes mellitus, hypertension, cancer, AIDS, alcoholism, Lack of exercise.</p> <p>Health Hazards Resulting from</p> <p>Intentional Adulteration Incidental Adulteration Metallic contaminants Bacterial and fungal Residues Pests and Pesticides Residues. Processing and Packaging Hazards.</p>	15%

Basic Text & Reference Books

- King MH-Nutrition for developing countries
- M.C.williams M-Nutrition for growing years
- Gopaldas T,Sheshadri S.-Nutrition Monitoring and Assessment
- Ghosh Shanti-Feeding and care of infants and young children
- C Robinson-Normal and therapeutic Nutrition
- ICMR Reports-Studies on weaning and supplementary
- Park J E and Park K- Text book of preventative and social Medicine
- UNICEF-The state of world’s children
- Sweemer C.D-“Manual for Child Nutrition in Rural India”
- Malnutrition in south Asia Regional profile UNICEF Regional officer for a South Asia

