



**SARDAR PATEL UNIVERSITY**  
VallabhVidyanagar, Gujarat  
(Reaccredited with 'A' Grade by NAAC (CGPA 3.25)  
Syllabus with effect from the Academic Year 2021-2022

**P.G.Diploma in Dietetics**  
**Semester-I**

Course Code	PH1EPGDD53	Title of the Course	Community Nutrition
Total Credits of the Course	04	Hours per Week	04

Course Objectives	<ul style="list-style-type: none"><li>• Know the importance of community health and nutritional status.</li><li>• Know the dietary modification for disease condition.</li></ul>
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Course Content		
Unit	Description	Weightage %
1	<b>Nutrition and Health Education :</b> Definition. importance. channels of nutrition education. nutrition education methods. planning for Nutrition and Health Education. Techniques of Nutrition Education. Evaluation of Nutritional Programmes. Role of Nutrition Education Programmes in predication of malnutrition.	15%
2	<b>Nutritional problems in India</b> Anemia, overweight, underweight, vitamin-A deficiency, PEM, goiter, thiamin deficiency.	20%
3	<b>Diet survey methods :</b> Population sampling & duration of survey, diet survey methods, Questionnaire, Food list method, Interview method, Food inventory of log book method, Wightman of raw food, Wightman of cooked food, Analysis of cooked food method, Adult consumption units	20%
4.	<b>Assessment of nutritional status:</b> Population sampling, Anthropometry, Biophysical assessment, Radiographic examination, Nutritional adequacy of diet consumed, Clinical assessment, Biochemical assessment.	15%
5.	<b>Role of National &amp; International Agencies to</b>	15%



	<b>overcome malnutrition :</b> ICDS. UNICEF, WHO, FAO,ICAR.	
6.	<b>Applied Nutritional Programmes :</b> ANP.MMP.SNPJCDS.FWPJPP.BNP.	15%

Teacher Learning Methodology	Classroom lectures (Blackboard/Power Point Presentations), Discussion on recent updates with related examples.
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage %
1.	Internal Written examination	15%
2.	Internal Continuous Assessment in the form of Viva voce, Quizzes, Seminars, Assignments, Attendance	15%
3.	University Examination	70%

Note: Students will have to score a minimum of 40 % to pass the course.

Course Outcomes	
1.	Describe about the nutrition and health education of Indian community.

Suggested References:	
Sr. No.	References
1.	Swaminthan M. 'Essentials of Food and Nutrition', Bangalore, printing and Publishing Co. Ltd.
2.	Srilakshmi B. 'Dietetics' New Delhi, Newage International publishing Co. Ltd.
3.	Joshi S. 'Nutriton and Dietetics' New Delhi, Tata McGraw Hill Publishing Co. Ltd.
4.	Crampton E.W. and L.E.Lloyd, (1915), 'Fundanentals of Nutrition' W.H.Freeman, San Francisco.
5.	Davidson S.R, Passmore and J.F. Brock, (1986), 'Human Nutrition and Dietetics' London 8th edition, Churchill, Livingstone.
6.	ICMR, 'Technical Report Series'.
7.	Applied Nutritional Programmes ANP.MMP.SNPJCDS.FWPJPP.BNP.

