



**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	PH1EPGDD54	Title of the Course	Practical based on PH01EPGDD53 (Community Nutrition)
Total Credits of the Course	02	Hours per Week	04

Course Objectives	<ul style="list-style-type: none"><li>• Know the importance of society of Indian health and their diet status.</li><li>• Understand the planning and basic preparation of diet relevant to the dietary modification for disease condition.</li></ul>
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Course Content		
Unit	Description	Weightage %
1.	Assessment of physical fitness, food intake and nutritional status of the community -BMI , IBW, Anthropometric measurement	20%
2.	Conducting a survey of low income pregnant lady and provide important nutrient same.	20%
3.	Preparation of low cost weaning foods for infants.	20%
4.	Preparation of diets for elder and old age community.	20%
5.	Assessment of most common diseases among community, Anemia, Overweight, Cancer, Diabetics mellitus, Hypertension, Underweight, Vit-A deficiency, PEM (Protein Energy Malnutrition), Goiter and Thiamin deficiency etc...	20%

Teacher Learning Methodology	Classroom lectures (Blackboard), demonstration and then actual performance by students, discussion of results.
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage %
1.	Internal Written / Practical examination	5%
2.	Internal Continuous Assessment in the form of Practical, Viva voce, Attendance	10%
3.	University Examination	35%

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

Course Outcomes	
1.	Preparation of different community age group diet planning.
2.	Assessment of most common diseases among community.

Suggested References:	
Sr. No.	References
1.	Davidson S.R, Passmore and J.F. Brock, (1986), 'Human Nutrition and Dietetics' London 8th edition, Churchill, Livingstone.
2.	Rajalakshmi R. (1981), 'Applied Nutrition Oxford & IDH Publishers'.

