



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-II

Course Code	PH2CPGDD52	Title of the Course	Human Nutrition
Total Credits of the Course	02	Hours per Week	02

Course Objectives	<ul style="list-style-type: none">• Able to identify what foods are good sources for what nutrient.• Students will be familiar with factors affecting for absorption of nutrients.
-------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Course content		
Unit	Description	Weightage %
1.	Energy in Human Nutrition – Energy Balance, Assessment of Energy Requirements, Water – Functions, Requirements	20%
2.	Carbohydrates – Blood glucose and Effects of different carbohydrates on blood glucose, glycemic index.	10%
3	Proteins – Protein Quality (BV, PER, NPU), Digestion and Absorption, Factors affecting protein bio-availability including Anti nutritional factors. Requirements.	20%
4.	Lipids – Role and nutritional significance (SFA, MUFA, PUFA, W-3)	15%
5.	Dietary Fibre – Classification, Composition, Properties and Nutritional status significance	15%
6.	Minerals and Trace Elements – Vitamins- Physiological role, Bioavailability and Requirements	20%



Teacher Learning Methodology	Classroom lectures (Blackboard/Power Point Presentations), Discussion on recent updates with related examples.
------------------------------	----------------------------------------------------------------------------------------------------------------

Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage %
1.	Internal Written examination	15%
2.	Internal Continuous Assessment in the form of Practical, Viva voce, Attendance	15%
3.	University Examination	70%

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

Course Outcomes	
1.	Able to understand the physiological processes and functions as applicable to human nutrition.

Suggested References:	
Sr. No.	References
1.	Jim Mann and A. Stewart Truswell (1998), Essentials of human nutrition, 3 rd edition, Oxford university press.
2.	Crampton E.W. and L.E.Lloyd, (1915), 'Fundamentals of Nutrition' W.H.Freeman, San Francisco.
3.	Davidson S.R, Passmore and J.F. Brock, (1986), 'Human Nutrition and Dietetics' London 8th edition, Churchill, Livingstone.

