

FDNT – 111

FOOD AND NUTRITION

Credit Hours: 3

Type: General

Course Objectives

This course is designed to develop an understanding of basic terms in nutrition, the role of various nutrients and their importance in planning and preparing balanced diet at various stages of life. Moreover, to develop skills to plan appropriate weeks watching the nutritional needs using available resources.

Course Content

- **Introduction to the study of Nutrition**
 - Deficiency of nutrition and relevant terms
 - Basic concepts of nutrition
 - Role of nutrition in relation to health
 - Functions of goods
 - Assessment of nutritional status
 - Signs of good and poor nutrition
- **Classification, characteristics, Food resources functions and Nutritional Deficiency/ imbalance of the following nutrients**
 - Carbohydrates
 - Proteins
 - Fats
 - Minerals-Calcium, Phosphorus, Iron, Copper iodide + Zinc.
 - Vitamins
 - Fat soluble vitamin (A.D.E.K)
 - Water Soluble: Vitamin B (Thiamine, Riboflavin, Niacin, Pyridoxine, Folic Acid, B12) Vitamin C.
 - Water
- **Balanced Diet:**
 - Definition and importance of a balanced diet
 - Dietary habits
 - Use of dietary guides for planning balanced diets
 - Daily food guides

- Food composition table
- Recommended dietary allowances
- **Composition, Characteristics and nutrition value of the following.**
 - Milk
 - Eggs
 - Meat, Fish, Poultry
 - Vegetables and Fruits
 - Cereals
 - Pulses
 - Fats and oils
 - **Meal Management**
 - Importance of Meal Planning
 - Principles of Meal planning
 - Meals should meet the nutritive needs
 - Should fit in the food budget
 - Be satisfying and pleasing
 - Make reasonable demands on home maker
 - **Nutritional needs of adolescents:**
 - Factors affecting nutritional needs
 - Causes of nutritional deficiencies
 - Food habits
 - Food choices
 - Omission
 - Food facts and fallacies

Course Outcome

By the end of the course the students will be able to analyze the characteristics of nutrients and meal management.

Recommended Book

More, J. (2013). Infant, child and adolescents nutrition: A practical handbook. New York:
CRC Press