BSHND 211 : DIETETICS-I

Course Learning Outcomes:

- To understand the discipline of dietetics and its role in human wellbeing
- To familiarize with the foundations of healthy diets and their role in disease prevention and management
- To acquaint hands-on training for calorie calculation and menu planning using food composition table and data bases
- To assess BMI and energy expenditures in relation to overweight and obesity

Content-Theory:

1. **Introduction**
    - Dietetics definitions, Its history and importance;
    - Dietitian: role in food service and clinical practice,
    - responsibilities in multidisciplinary team, code of ethics
2. **Foundations of healthy diet:**
    - Dietary Reference Intakes,
    - Recommended Dietary Allowance,
    - Food Guide Pyramid and allied approaches,
    - Dietary Guidelines,
    - Exchange system and menu planning;
3. **Energy expenditure and basal metabolism;**
4. **Body mass index**
5. **Role of diet in disease conditions;**
6. **Diet therapy and its principles;**
7. **Food selection and factors affecting its acceptance;**
8. **Nutrient density;**
9. **Alternative patterns of food consumption;**
10. **Nutritional counselling in clinical practice.**
    - Critical diet assessment.
    - Nutrition and diet clinics.

Content-Practical:

1. **Interpretation of food guide pyramid,**
    - MyPyramid,
    - Myplate,
    - Eatwell Plate
2. **Energy value of different foods**
    - carbohydrates,
    - fats

- proteins

3. **Calculating energy requirements**;
   - BMI in relation to obesity and overweight,
4. **Energy and calorie requirements**;
   - Balanced diet and menu planning using exchange lists,
   - food composition tables & data bases
5. **Food intake analysis**:
   - Dietary Recall,
   - Food Frequency Questionnaires,
   - Food Surveys

Teaching-Learning Strategies:

Teaching will be a combination of class lectures, class discussions, and group work. Short videos/films will be shown on occasion.

Assignments:

The sessional work will be a combination of written assignments, class quizzes, presentation, and class participation/attendance.

Assessments and Examination:

Sessional Work: 25 marks

Midterm Exam: 35 marks

Final Exam: 40 marks

Recommended Readings:

1. Mahan, L.K., Escott-Stump, S., Raymond, J.L. (2012). Krause's Food, Nutrition & Diet Therapy, (13th ed). Elsevier Saunders, St. Louis, Missouri, USA.
2. Mudambi, S. R. (2007). *Fundamentals of foods, nutrition and diet therapy*. (5th ed). New Age International.
3. Punekar and D'Souza M.J (2010). Handbook of Applied Nutrition, Dietotherapy & Diet Management. SBS Publishers & Distributors Pvt. Ltd., New Delhi.
4. Rawat and applied Nutrition. Random Publication (2015), New Delhi.
5. Schlenker, E. & Gilbert, J.A (2015). Williams' Essentials of Nutrition and Diet Therapy, (11th ed). Elsevier/Mosby Inc., Louis, Missouri.

6. Singh, J. (2008). Handbook of Nutrition and Dietetics. Lotus Press, India.