

Department of Food Sciences
University of the Punjab, Lahore
Course Outline



Programme	B.Sc. (Hons.) Food Science & Technology	Course Code	FST-101	Credit Hours	3(2-1)
Course Title	Community Nutrition and Dietetics				
Course Introduction					
The course will provide:					
<ol style="list-style-type: none"> 1. Basic knowledge on concept of humanity, role of nutrition in health promotion and perspectives to solve community nutrition issues. 2. Understanding of nutrition program planning, intervention and evaluation 3. Basic knowledge on goals of community assessment, how community assessment is conducted and different methods to assess nutritional status and health in community. 					
Learning Outcomes					
After completing this course students will be able to:					
<ol style="list-style-type: none"> 1. Conduct various nutritional assessment in different communities 2. Design effective meal planning according to particular age group and disease 					
Course Content				Assignments/Readings	
Week 1	Unit-I				
	1.1 Community nutrition introduction				
	1.2 Foundation status of Pakistan masses				
Week 2	Unit-II				
	2.1 Community nutrition programs				
	2.2 Key features				
Week 3	Unit-III				
	3.1 Benefits planning and implementation				
	3.2 Evaluation				
Week 4	Unit-IV				

	4.1 Factors affecting social activities.	
	4.2 Factors affecting Environmental activities	
Week 5	Unit-V 5.1 Nutritional status assessment	
	5.1 Anthropometric measurements	
Week 6	Unit-VI 6.1 Dietary	
	6.2 Biochemical, clinical	
Week 7	Unit-VII 7.1 Nutritional requirements and recommendations	
	7.2 Pre-schooler children , schooler children	
Week 8	Unit-VIII 8.1 Adolescence and adults	
	8.2 Pregnant and lactating women and geriatrics	
Week 9	Unit-IX 9.1 Community nutrition and dietetics profession	
	9.2 Dietetics introduction	
Week 10	Unit-X 10.1 Food composition tables	
	10.2 Nutritional database	
Week 11	Unit-XI 11.1 Balanced diet importance in disease prevention	
	11.2 Immuno nutrition dietary counseling	
Week 12	Unit-XII 12.1 Diet therapy introduction	
	12.2 Functional foods, glycemic index	

	Unit-XIII	
Week 13	13.1 Therapeutic diets	
	13.2 Routine hospital diets, pre and post operative diet	
	Unit-XIV	
Week 14	14.1 Special feeding methods	
	14.2 Diet designing and nutritional requirements	
	Unit-XV	
Week 15	15.1 Ideal caloric distribution, nutritional density , exchange diet , nutritional disorder	
	15.2 Diet for special aliments introduction	
	Unit-XVI	
Week 16	16.1 Obesity, overweight, cardiovascular diseases	
	16.2 Diabetes, stomach and liver diseases	
PRACTICAL		
Week 1	Dietary reference intake	
Week 2	Interpretation of food guide pyramid	
Week 3	Nutritional requirements	
Week 4	Basal metabolism	
Week 5	Food intake assessment	
Week 6	Major nutrients estimation in different diets	
Week 7	Diet planning	
Week 8	Healthy and diseased people	
Week 9	Planning of exchange diet	
Week 10	Diet for school children	
Week 11	Geriatric and healthcare centers	
Week 12	Laboratory performance overview	
Week 13	Project presentations	
Week 14	Course ovulation	
Week 15	Project data analysis and Interpretation	
Week 16	Report analysis	

Textbooks and Reading Material

1. Joan, W.G., Angela, M. & Michelle, H. (2020). Oxford Handbook of Nutrition and Dietetics (3rd ed.). Oxford University Press.
2. Singh J. (2008). Handbook of Nutrition and Dietetics. Lotus Press, Darya Ganj, New Delhi, India.
3. Boyle, M.A. (2008). Community Nutrition in Action: An Entrepreneurial Approach. Thomson Learning Wadsworth, New York, USA.
4. Mann, J. & Truswell, A.T. (2007). Essentials of Human Nutrition. (3rd ed.). Oxford University Press, Oxford, England.
5. Whitney, E. & Rolfes, S.R. (2005). Understanding Nutrition. Thomson Learning Inc., Belmont, U.S.A.

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: Types and Number with Calendar

1. Food Processing Industries in Pakistan
2. Fundamentals of Nutrition
3. Hidden hunger solutions

Assessment

Sr. No.	Elements	Weightage	Details
1.	Midterm Assessment	35%	Written Assessment at the mid-point of the semester.
2.	Formative Assessment	25%	Continuous assessment includes: Classroom participation, assignments, presentations, viva voce, attitude and behavior, hands-on-activities, short tests, projects, practical, reflections, readings, quizzes etc.
3.	Final Assessment	40%	Written Examination at the end of the semester. It is mostly in the form of a test, but owing to the nature of the course the teacher may assess their students based on term paper, research proposal development, field work and report writing etc.