

Nutrition & Dietetics**DEGREE STANDARD****Code No.087****(For the Post of Child Development Project Officer)**

UNIT- I a) Food groups - basic 4, 5 and 7 and functional Food groups b) Importance of cooking - Methods - Advantages and disadvantages - physio - chemical changes.

UNIT- II Structure, Composition, nutritive value, selection, processing methods, principles of cooking. i) Cereals ii) Pulses iii) Vegetables and fruits

UNIT -III Structure, composition, Nutritive value, selection, storage, quality, kinds, methods of processing, uses in cookery i) Milk and Milk products ii) Fleshy foods - Meat, Poultry, fish and organ meats iii) Eggs

UNIT- IV a) Beverages - classification - nutritive value and role in diet - Methods of preparation b) Spices and condiments - Commonly used 'Spices and condiments - uses and abuses'.

UNIT- V a) Fats and oils : - Composition, Nutritive value, properties, storage, processing, factors affecting absorption, care during cooking. b) Sugar and Sugar cookery :- Types, Nutritive value, stages in sugar cookery and application in the preparation of Indian sweets.

UNIT- VI Food preservation - Importance of preservation. i) Food spoilage - Types, causes - principles of food preservation. ii) Methods - a) by using sugar iii) Drying and dehydration iv) Refrigeration and freezing v) Canning vi) Pickling vii) Chemical preservatives.

UNIT -VII a) ENERGY:- Energy content of foods, BMR and total energy requirements. b) Carbohydrates, fats and proteins - classification, functions, digestion, absorption and metabolism, requirements, sources and effects of deficiency.

UNIT-VIII a) Vitamins - water and fat soluble vitamins; chemistry, properties, functions, deficiency and toxicity. b) Minerals - Macro and Micro minerals - occurrence, functions, absorption, Sources, requirements, utilization, deficiency and toxicity

UNIT- IX a) Importance and principles of meal planning based on 5 food groups at different income level. b) ICMR Nutritional requirements for different age groups - Infancy, Children, Adolescents, Adults and the aged and Pregnancy and lactation.

UNIT- X a) Nutritional assessment - Methods - Advantages and disadvantages.
b) Malnutrition - causes, methods to alleviate malnutrition - importance of nutrition education. c) Feeding programmes in action in State.

UNIT- XI a) Diet Therapy - Definition, concept, principle, classification of therapeutic diets, feeding the patient. b) Dietitian - Role, qualities, types c) Diet counselling.

UNIT- XII Etiology, signs and symptoms, dietary modifications and counselling measures for a) Gastro intestinal

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disorders - Peptic ulcer, diarrhea, constipation, malabsorption syndrome. b) Liver and Gall Bladder: Hepatitis and cirrhosis, hepatic coma, cholelithiasis and cholecystitis.

c) Pancreas: Pancreatitis and diabetes mellitus

UNIT- XIII Etiology, signs and symptoms dietary modifications and counselling measures for a) Obesity and underweight b) Cardio-vascular diseases: Hypertension, atherosclerosis, Ischemic heart diseases, cardiac failure c) Renal disorders - nephritis, Nephrosis, Uremia and Renal failure, Renal Stones.

UNIT -XIV a) Diet in allergies, causes, tests, elimination diets. b) Pre-Operative and post operative diets. c) Cancer - causes, dietary modifications, different types of therapy.

UNIT- XV a) Types of catering - Commercial, transport, industrial and Hospital b) Quantity cooking - Selection, Purchasing and storage, standardisation of recipe, portion control, utilisation of left over food.

UNIT -XVI a) Organisation - Types and principles, organisational structure. b) Management - Principles, techniques and leadership and managerial abilities - Tools of management.

UNIT-XVII Personnel Management - Selection, induction, training and supervision, motivation and performance appraisal, legal aspects of catering.

UNIT-XVIII a) Cost control - Principles and methods of food cost control b) Sanitation and safety; Significance, health care measures - in preparation and service and for service personnel, safety measures in food service.

UNIT- XIX a) Art in food service - Design, selection, structural and decorative, Elements and principles of design, their application in food service institutions. b) Colour - Colour schemes. c) Flower arrangements - Types and styles d) Table service - Styles - Indian, Western and oriental.

UNIT- XX a) Food plant - Layout, different work centres, Lighting, ventilation and Pest control. b) Equipment i) Major and Minor equipments, for food storage, preparation, service and cleaning. ii) Their selection, arrangement, use, care and maintenance.

Home Science – Degree Standard Code No.342

(For the Post of Child Development Project Officer)

1. FOOD

Food pramid, functions, classification, conservation of nutrients, cooking methods, meal planning for different age & income groups, food safety, food adulteration and food laws, food spoilage and preservation of foods. Weaning foods – meaning, importance and preparation.

2. NUTRITION

Nutrition – Definition of nutrients, components, requirements, metabolism – carbohydrate, protein and fat, nutritional assessment of the community and dietetics - normal and therapeutic nutrition, nutritional deficiency. Nutrition and health intervention programmes in India.

3. RESOURCE MANAGEMENT

Resource Management: Concept of home management, systems approach to management, care of household equipment, classification of resources, - human and material - time, energy, and money management, principles of interior design, work simplification.

4 INSTITUTIONAL MANAGEMENT

Concept of community resource management, consumer education, management of hospitality - hospital, hotel, restaurant ; Management of social institutions - family, child and geriatric care, Management of special institutions– physically, mentally and socially challenged.

5. HUMAN DEVELOPMENT

Principles of development, lifespan approach, growth monitoring, child rearing and socialization practices. Developmental tasks and problems and disabilities during childhood, child study methods. Population education, Sex education. Habit formation, behaviour problems and discipline.

6. RELATIONSHIPS

Early stimulation, activities during infancy, early childhood, childhood and adolescence, child welfare programmes. Structure of family and its functions. Family crises, Guidance and counseling, Schools and community relationships. Family and legal issues.

7. FUNDAMENTALS OF TEXTILES

Principles of clothing construction, factors in selection of fabrics and garments, identification and properties of fibres, care and maintenance of garments, principles of textile designing, stain removal, dyeing , printing and finishing of fabrics; socio - psychological aspects of clothing.

8.EXTENSION

Concept of Extension – Principles and scope; formal, non-formal and vocational education; programme planning for women and children and transaction, elements of communications, methods of communication; ICDS programme and role of different functionaries.

9.DEVELOPMENT

Concept of Development, early experiments in rural development; national programmes for women and children; orientation to problems and issues in rural and urban development. Community based Institutions – Village Panchayats, Schools, and Primary Health Centres; Science and Technology for rural development; Health promotion, environmental sanitation, waste disposal and recycling.

10. RESEARCH

Research in Social Science – concept and methods; Project proposal preparation, tools of research, concept of evaluation, steps in evaluation and report writing.