

**Title of Course – Nutrition & Health Care**

**Course Code: NPIAS-SEC-003**

**Course objective:** It will enhance skills in the knowledge of eye care during diabetes including precaution, treatments and diagnosis.

**Syllabi of Course:**

**UNIT I:**

**10 Hrs.**

Introduction to Nutritional deficiency diseases Causes, symptoms, treatment, prevention of the following: • Protein Energy Malnutrition (PEM) • Vitamin A Deficiency (VAD) • Iron Deficiency Anaemia (IDA) • Iodine Deficiency Disorders (IDD) • Zinc Deficiency • Fluorosis

**UNIT II**

**5 Hrs.**

Social health problems • Smoking • Alcoholism Drug addiction • AIDS including AIDS Control Programme

**UNIT III**

**10 Hrs.**

Nutrition for special conditions • Introduction to Nutrition for physical fitness and sport • Feeding problems in children with special needs • Considerations during natural and man-made disasters e.g. • floods, war.- basic guidelines in disaster management.

**Unit IV**

**5 Hrs.**

Food Security (a) Key terms, factors affecting food security, recent concern (b) Technologies for food and nutrition security


**Suggested Reading:**


Whitney, E. N., Cataldo, C. B., DeBruyne, L. K., & Rolfes, S. R. (2001). *Nutrition for health and health care* (pp. xix+-589).

Ross, A. C., Caballero, B., Cousins, R. J., & Tucker, K. L. (2020). *Modern nutrition in health and disease*. Jones & Bartlett Learning.

Carr, T., & Descheemaeker, K. (Eds.). (2008). *Nutrition and health*. John Wiley & Sons.

  
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