

**SYLLABUS FOR
B.Sc. CLINICAL NUTRITION AND DIETETICS
w.e.f 2012-13**

SEMESTER –III

Sr. No.	Course No	Paper Title	Exam Duration	Maximum Marks		
				Ext.	Int.	Total
1	201	Food Science	3Hrs	40	10*	50
2	202	Microbiology	3Hrs	40	10*	50
3	203	Lab. – I	3Hrs	50		50

SEMESTER – IV

S. No	Course No	Paper Title	Exam Duration	Maximum Marks		
				Ext.	Int.	Total
1	204	Food Service Management	3Hrs	40	10*	50
2	205	Dietetics - I	3Hrs	40	10*	50
3	206	Lab. – II	3Hrs	50		50

* Internal Assessment

CLINICAL NUTRITION & DIETETICS

Course No. 201

SEMESTER – III

FOOD SCIENCE PAPER – I

Duration of Exam – 3 Hrs.
M.M 50 (40 + 10*)

Instruction for the examiner – The examiner will set nine questions in all, selecting for questions from each unit and one compulsory objective type question.

Instruction for the Candidates – The Candidate will attempt five questions in all, selecting two questions from each unit and one Compulsory question.

UNIT – I

1. Cereals and Millets - Composition and nutritive value, cereal products, Breakfast cereals role of cereals in cookery.
2. Pulses and Legumes - Nutritive value of pulses and legumes, Storage of pulses use of pulses.
3. Milk & Milk Products – Composition and Nutritive value, types of milk products role of milk & milk products in cookery.
4. Vegetables and Fruits – Classification, Composition & Nutritive value, storage & Use.

UNIT II

5. EGGS – Nutritive aspect, quality of egg preservative and use of egg.
6. Flesh Food – Composition & nutritive value of meat, fish & poultry. Presentive storage uses of flesh food.
7. Sugar & Sugar Products – Nutritive value sugar related products storage & uses.
8. Fats & Oils – Nutritional importance composition, specific fats role of fats / oils in cookery.

CLINICAL NUTRITION & DIETETICS

Course No. 202

SEMESTER – III

MICROBIOLOGY (PAPER II)

DURATION OF EXAM =3Hrs
M.M 50 (40+10*)

Instruction for the examiner – The examiner will set nine questions in all , selecting for questions from each unit and one compulsory objective type question.

Instruction for the Candidates – The Candidate will attempt five questions in all , selecting two question from each unit and one Compulsory question.

UNIT – I

1. Introduction to microbiology and its relevance to every day life. General morphology of micro-organisms, general characteristics of bacterio, fungus virus, protozoo, algae.
2. Control of micro-organisms, growth curve effect of environmental factors growth of micro-organisms PH, water activity , oxygen availability temp & other.
3. Environmental microbiology , water , air, soil & sewage
4. Relevance of microbiological standards for food safety.

UNIT - II

5. The relation ship of micro-organisms to sanitation effects of micro-organisms (Bacteria, viruses, moulds, yeasts and parasites) or food degradation and food borne diseases.
6. Importance of personal hygienic of food handle habits, clothes and illness, education of food handles in handling & serving food.
7. Cleaning methods = Sterilisation and disinfection products & methods use of detergents, heat chemicals tests for sanitiser strength
8. Sanitation – Kitchen design equipment & System structure & layout of food premises maintaining clean environment, selecting and installing equipment cleaning equipment
9. Waste product handling, planning of waste disposal, solid wastes & liquid wastes

LAB – I

Course No. 203

DURATION OF EXAM = 3Hrs

M.Marks: 50

1. Wheat preparation – Chapati , Prontha , Plain & Stuffed , Puris, Bhaturas
2. Rice Preparation – Plain & fried rice, pulao , veg , biryani
3. Pulse preparation – Punjabi dal , Alu- chhole, masala rajmah sambar sprouted pulses
4. Vegetable preparation – Alu matar palak paneer, veg kofta , dum alu veg korma
5. Snacks – Variety of sandwiches , fried snacks

CLINICAL NUTRITION & DIETETICS

SEMESTER –IV

Course No. 204

FOOD SERVICE MANAGEMENT (PAPER – I)

DURATION OF EXAM =3Hrs
M.M 50(40+10*)

Instruction for the examiner – The examiner will set nine questions in all , selecting for questions from each unit and one compulsory objective type question.

Instruction for the Candidates – The Candidate will attempt five questions in all , selecting two question from each unit and one Compulsory question.

UNIT – I

1. Aims and objectives of different food service out lets (I) Institutional (II) Hospitals
2. Equipments – Classification of equipments, selection & purchase of equipments
3. Equipments – Design Installation and operation, care & maintenance of equipments.
4. Planning for cooking & service unit – Layout of kitchens , storage and maintenance of kitchens. Planing storage spaces Planning service areas , decoration of service & dining area.

UNIT – II

5. Menu Planning – Types of menu , writing menus , construction of menus, menu display
6. Food Service – Different styles of service presentation & display of food.
7. Staff organization of different outlets manager , hostess , Supervisor , steward , waiter.
8. Laws governing food service establishments.

CLINICAL NUTRITION & DIETETICS

SEMESTER –IV

Course No. 205

DIETETICS - I (PAPER II)

DURATION OF EXAM =3Hrs
M.M 50(40+10*)

Instruction for the examiner – The examiner will set nine questions in all, selecting for questions from each unit and one compulsory objective type question.

Instruction for the Candidates – The Candidate will attempt five questions in all, selecting two questions from each unit and one Compulsory question.

UNIT I

1. Introduction of meal management – Balanced diet basic principals of meal planning, objectives and steps in meal planning.
2. Nutrition during infancy – Nutritional requirements, advantages of breast feeding introduction of supplementary food.
3. Nutrition during early childhood (Tudoler / Pre School) growth and nutrient needs, nutrition related problems.
4. Nutrition of school children – Nutritional requirements , school lunch programmes

UNIT II

5. Nutrition during adolescence – Nutritional requirments, food choices and eating habits.
6. Nutrition in pregnancy – Nutritional requirements complications of pregnancy.
7. Nutrition during lactation – Physiology of lactation, nutritional requirements.
8. Geriatric nutrition – Nutritional requirements, nutrition related problems.

LAB – II

Course No. 206

DURATION OF EXAM = 3Hrs
M.Marks: 50

1. Planning and preparation of a balanced diet for a pregnant women
2. Planning and preparation of a balanced diet for a nursing mother.
3. Preparation of weaning food.
4. Planning and preparation of a diet for pre schoolers.
5. Planning and preparation of a diet for pre school going child.
6. Planning and preparation of a balanced diet for a adolescence.