KURUKSHETRA UNIVERSITY
KURUKSHETRA

Modified Scheme of Examination and Syllabus

3rd Semester

For

Under-Graduate Programme Multidisciplinary

Scheme A

(Subject: Clinical Nutrition & Dietetics)

Under Multiple Entry-Exit,
Internship and CBCS- LOCF in accordance to NEP-2020
w.e.f. 2025-26

DEPARTMENT OF HOME SCIENCE

DEPARTMENT OF HOME SCIENCE KURUKSHETRA UNIVERSITY KURUKSHETRA

Modified Scheme of Examination for Under-Graduate Programme

Under Multiple Entry-Exit, Internship and CBCS-LOCF in accordance to NEP-2020

w.e.f. 2025-26

Subject: Clinical Nutrition & Dietetics

SEMESTER-3								
Course	**Paper(s)**	**Nomenclature of Paper**	**Credit**	**Hours/ Week**	**Internal marks**	**External Marks**	**Total Marks**	**Exam Duration**
CC-3 4 credit	**B23-CND-301**	**Human Nutrition I**	3	3	20	50	70	3 hrs.
		Practicum	1	2	10	20	30	4 hrs.
CC-M3 4credit	**B23-CND-302**	**Nutrition throughout Life Cycle**	3	3	20	50	70	3 hrs.
		Practicum	1	2	10	20	30	4 hrs.

Session: 2025-26			
Part A – Introduction			
Subject	Clinical Nutrition & Dietetics		
Semester	III		
Name of the Course	Human Nutrition I		
Course Code	**B 23- CND-301**		
Course Type: (CC/MCC/MDC/CC-M /DSEC/VOC/DSE/PC/AEC/VAC)	CC-3		
Level of the course (As per Annexure-I	200-299		
Pre-requisite for the course (if any)	12th pass		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 1. To understand the concept and principles of meal planning 2. To know about nutritional requirements during infancy and breast feeding 3. To understand the nutritional requirements of toddlers and pre-schoolers 4. To know the nutritional needs of school going children 5*. To prepare nutritious meals for different age groups		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3	2	5
Max. Marks: 100 **Internal Assessment Marks: 20 (T) + 10 (P) =30** **End Term Exam Marks: 50 (T) + 20 (P) =70**		**Time: 3hrs (T)** **4 hrs (P)**	

Part B- Contents of the Course

Instructions for Paper- Setter

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

Instructions for the candidates: The candidate will attempt five questions in all, selecting one question from each unit and one compulsory question.

Unit	Topics	Contact Hours
I	Introduction to meal management – Balanced diet, Basic principles of meal planning, objectives and steps in meal planning.	10
II	Nutrition during infancy – Nutritional requirements, Breast feeding, Formula feeding, Introduction of supplementary food.	15
III	Nutrition during early childhood (Toddler / Pre School) growth and nutrient needs, nutrition related problems.	10
IV	Nutrition of school children – Nutritional requirements, School lunch programmes: ANP, SNP and MDM	10
V*	Planning, calculation and preparation of meals for all age groups mentioned in theory	30

Suggested Evaluation Methods

Internal Assessment:	End Term Examination:
➢ **Theory** • Class Participation: **05** • Seminar/presentation/assignment/quiz/class test etc.: **05** • Mid-Term Exam: **10**	**50**
➢ **Practicum** • Class Participation: **00** • Seminar/Demonstration/Viva-voce/Lab records etc.: **10** • Mid-Term Exam: **NA**	**20**

Part C-Learning Resources

Recommended Books/e-resources/LMS:

1. Modern Nutrition in Health and Disease – Goodhearth, R. S.
2. Recommended dietary allowance for Indians – I.C.M.R., 1980
3. Nutrition and Development- Winick 1973, Univ. of Calombia.
4. Biology of Nutrition – Eclames 1972, Palaniuma Press
5. Foods & Nutrition – Krause 1972, Saunders.
6. Proteins and Human Foods 1970, Lowrie, Avi. Pub. Co.
7. Nutrition & Physical fitness – BoGert L.J.
8. Principles of Nutrition – Wilson, L.D. and Fisher. K.H.
9. Standardised diets for Hospital – National Nut. Advisory Committee
10. Nutrition in Health & Disease – Cooper, L. Barher, L. Mitehell, Hand Rynheraen.
11. Nutrition A comprehensive – Beaton and McHanery, Treatise Vol-1, II, & III.
12. Human Nutrition & Dietetics – Davidson S., Passmore, R., Brook, J.E. and Truswell.
13. Foods and Nutrition – Rankin, W. Munn. Hildath E.N.
14. Iron deficiency – Holiberth, H.C. Harvorth, Vannotti, N.Y.
15. Trace Elements in Human and Animal Nut. – Underwood, N.Y.

Session: 2025-26			
Part A – Introduction			
Subject	Clinical Nutrition & Dietetics		
Semester	III		
Name of the Course	Nutrition throughout Life Cycle		
Course Code	**B23- CND-302**		
Course Type: (CC/MCC/MDC/CC-M / DSEC/ VOC/DSE/PC/AEC/VAC)	CC-M3		
Level of the course (As per Annexure-I	200-299		
Pre-requisite for the course (if any)	12th pass		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 1. To understand the concept and principles of meal planning 2. To know about nutritional requirements during infancy and breast feeding 3. To understand the nutritional requirements of toddlers and pre-schoolers 4. To know the nutritional needs of school going children 5*. To prepare nutritious meals for different age groups		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3	2	5
Max. Marks: 100 **Internal Assessment Marks: 20 (T) + 10(P) =30** **Term Exam Marks: 50 (T) + 20 (P)=70**		**Time: 3hrs (T)** **4hrs (P)**	

Part B- Contents of the Course

Instructions for Paper- Setter

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

Instructions for the candidates: The candidate will attempt five questions in all, selecting one question from each unit and one compulsory question.

Unit	Topics	Contact Hours
I	Introduction to meal management – Balanced diet, Basic principles of meal planning, objectives and steps in meal planning.	10
II	Nutrition during infancy – Nutritional requirements, Breast feeding, Formula feeding, Introduction of supplementary food. Nutrition during early childhood (Toddler / Pre School) growth and nutrient needs, nutrition related problems.	10
III	Nutrition during adolescence and adulthood – Nutritional requirements, food choices and eating habits. Problems of eating faced by adolescents and adults	13
IV	Geriatric nutrition – Nutritional requirements, nutrition related problems of elderly persons	12
V*	Planning, calculation and preparation of meals for all age groups mentioned in theory	30

Suggested Evaluation Methods

Internal Assessment:	End Term Examination:
➢ **Theory** • Class Participation: **05** • Seminar/presentation/assignment/quiz/class test etc.: **05** • Mid-Term Exam: **10**	**50**
➢ **Practicum** • Class Participation: **00** • Seminar/Demonstration/Viva-voce/Lab records etc.:**10** • Mid-Term Exam: **NA**	**20**

Part C-Learning Resources

Recommended Books/e-resources/LMS:

1. Modern Nutrition in Health and Disease – Goodhearth, R. S.
2. Recommended dietary allowance for Indians – I.C.M.R., 1980
3. Nutrition and Development- Winick 1973, Univ. of Calombia.
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7. Nutrition & Physical fitness – BoGert L.J.
8. Principles of Nutrition – Wilson, L.D. and Fisher. K.H.
9. Standardised diets for Hospital – National Nut. Advisory Committee
10. Nutrition in Health & Disease – Cooper, L. Barher, L. Mitehell, Hand Rynheraen.
11. Nutrition A comprehensive – Beaton and McHanery, Treatise Vol-1, II, & III.
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15. Trace Elements in Human and Animal Nut. – Underwood, N