

WEST BENGAL COUNCIL OF HIGHER SECONDARY EDUCATION

SUBJECT: NUTRITION (NUTN)

CLASS – XII

SEMESTER – IV

FULL MARKS: 35

Unit	Topics	Hrs	Marks
Unit 1 Dietetics And Diet Planning	I. NUTRITION IN PREGNANCY AND LACTATION		
	<ul style="list-style-type: none"> Elementary concept of pregnancy as a physiological demanding condition, complications and symptoms Nutritional allowances and balanced diet for pregnant women. Nutritional allowances and balanced diet for lactating mothers. 	5	
	II. NUTRITION FOR INFANTS		
	<ul style="list-style-type: none"> Breast feeding-Colostrum and mature milk their composition and significance in growth and development of infants. Top Milk (Elementary idea), Breast feeding vs. artificial feeding. Nutritional allowances for infants, Concept of weaning, need and types of weaning foods. Malting of food, Multipurpose food and Bal Ahar Feeding problems of infants and defective feeding practices in relation to mainourishment 	10	19
Unit 2 Nutrition For The Community	III. DIET THERAPY IN FEW COMMON DISEASES:		
	<ul style="list-style-type: none"> Dietetics and Diet Therapy concept and objectives Modification of Normal Diet to a Therapeutic diet (elementary concept of change in feeding technique, consistency and constituents) Elementary concept of Diet in metabolic and life style disorders like: Diabetes, Hypertension, Obesity, Coronary Heart Disease-Angina, Myocardial Infarction, Ischemia and Atherosclerosis, Gout, Febrile condition (inclusive of Typhoid and Tuberculosis) and Cancer (outline, risk factors and basic dietary principle only) Elementary concept of Diet in Gastric Disorders like: Peptic Ulcer, Diarrhea, Constipation, Celiac disease and IBS only Elementary concept of Diet in Renal Disorders like Acute and Chronic Nephritis, Renal stone Elementary concept of Diet in Liver and Gall Bladder diseases likes Jaundice and Viral Hepatitis, Cholecystitis and Cholelithiasis only. 	25	
	I. COMMON DEFICIENCY DISEASES OF INDIA AND NATIONAL NUTRITIONAL PROGRAMMES TO COMBAT IT:		
	<ul style="list-style-type: none"> PEM, types, prevention and treatment Vitamin A deficiency and NAPPNB Nutritional Anemia and NNAPP Iodine deficiency Disorder and NIDOC Other common vitamin related disorders like Osteoporosis, Osteomalacia, Rickets and Scurvy. National Diarrhoeal Disease Control Programme (NDDCP). 	8	16
	II. SUPPLEMENTARY FEEDING PROGRAMMES AND ORGANISATIONS TO COMBAT MALNUTRITION:		
	<ul style="list-style-type: none"> Relation between RDA, RDI and Supplementary feeding ICDS, MDMP (Poshan Abhigyan/Pradhan Mantri Poshan Shakti Nirman Scheme National Food Security Act (outline) Role of national and international organizations in combating malnutrition like. <ol style="list-style-type: none"> FAO, WHO, UNICEF only ICMR, NIN, NNMB, FNB,CINI and CFTRI only. 	8	
		2	

	<p>III. NUTRITION EDUCATION FOR THE COMMUNITY:</p> <ul style="list-style-type: none"> Nutrition education concept: objectives and principles. Centers and aids for nutrition education Methods of Nutrition Education. Cooking demonstration as an effective tool for nutrition education. <p>IV. NUTRITIVE VALUE OF FOODS:</p> <ul style="list-style-type: none"> Use of food exchange list. Calculation of nutritive value of food using food value table. 	2	
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Semester IV:

CLASS TYPE	HOURS
Theory Classe	60
Practical Classes	40
Remedial/Tutorial/Home Assignments	10
TOTAL	110