

SEC

FOOD, NUTRITION AND HEALTH

THEORY

(Credits 3)

Unit 1:

Food components and food-nutrients.

Concept of a balanced diet, nutrient needs and dietary pattern for various groups- pregnant and nursing mothers, school children, adolescents and elderly.

Carbohydrates, lipids, proteins, vitamins and minerals - Dietary source and importance.

Unit 2:

Definition and concept of health.

Major nutritional deficiency diseases - protein energy malnutrition (kwashiorkor and marasmus); vitamin A, iron and iodine deficiency disorders- causes, symptoms, treatment, prevention.

Life style related diseases- hypertension, diabetes mellitus, and obesity - causes and prevention; Social health problems - smoking, alcoholism, drug dependence and Acquired Immuno Deficiency Syndrome (AIDS) - causes, treatment and prevention.

Unit 3:

Food and Water borne infections (transmission, causative agent, sources of infection, symptoms and prevention): Bacterial, Viral, Protozoan and Parasitic infection with specific examples.

Brief account of food spoilage: Causes of food spoilage and their preventive measures.

SUGGESTED READINGS:

- **Langley-Evans, S. 2015.** Nutrition, Health & Disease 2nd edition. Wiley-Blackwell Publisher.
- **Gattani, S.G. and Kshirsagar, A.D. 2017.** Lifestyle Diseases. Jignesh Furia Publisher.
- **White, P.A., Netzler, N.E. and Hansman, G.S. 2017.** Foodborne Viral Pathogens 1st Edn. CRC Press.