

School: SUSAH	Batch: 2023 onwards
Program: PhD (Nutrition and Dietetics)	Current Academic Year: 2023-24
Course Title	Nutrition and Dietetics
Unit 1	Food Science and Processing
A	Properties of food – physical and chemical properties, Quality evaluation of foods- objectives and subjective.
B	Effects of cooking and processing techniques on nutritional components and other physical parameters, food preservation, and application.
C	Food standards, microbiological safety of food, HACCP, food packaging, Food pigments and additives.
Unit 2	Advanced Nutrition
A	Methods of determining human nutrient needs Definition of basic terms and concepts in relation to human nutritional requirements International and National Recommendations on Nutritional Requirements,
B	Food groups – balanced diet, food pyramid, macro, and micro nutrition. Nutrients- role of nutrients in the body, nutrient deficiencies, and requirements for Indians.
C	Nutrition through life span-physiological changes, growth and development from conception to adolescence, nutritional needs and dietary guidelines for adequate nutrition through a life cycle, and nutrition concerns.
Unit 3	Clinical Nutrition
A	Nutrition care process, Nutritional screening and assessment of patients – out patient & hospitalized
B	Medical Nutrition Therapy in metabolic diseases, lifestyle diseases etc, Diet counselling and management
C	Paediatric Nutrition and Inborn errors of metabolism
Unit 4	Public health and Nutrition
A	Public health nutrition
B	Community nutrition, sports nutrition, Nutritional assessment methods and techniques. Nutritional intervention-national nutrition policies and programs, food and nutrition security.
C	Research methods- research designs, principles, and purpose of research
Unit 5	Applied Physiology and Biochemistry
A	Cell, tissues, blood etc
B	Nutrient digestion, absorption and metabolism
C	Human body systems-Physiology

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