DR. BHIMRAO AMBEDKAR UNIVERSITY, KHANDARI, CAMPUS, AGRA

Department of Biochemistry

School of Life Sciences

Value Added Course

Course Name	**Dietary modifications in health management**
Course Code	BC VAC-02
Duration And Credit	30 hrs & 02 Credits
Coordinator	Dr. Udita Tiwari, Assistant Professor
Evaluation	By Coordinator
Organized by	Department of Biochemistry

Course Objectives:

After successful completion of the course student will learn the ability to analyse society related/ applied health problem, Interdisciplinary knowledge to find solution for the complex biological problems

UNIT I

Introduction: Concept of Nutrition, Relation of nutrition to health, adequate nutrition, optimum nutrition and malnutrition. Role of yoga in stress management

UNIT II

Diet in fever, infection, and nutritional deficiency diseases: Etiological factors and Dietary modifications in (a) Fevers and infection (b) Nutritional deficiency diseases anaemia, vitamin A deficiency.

UNIT III

Diet in nutritional imbalances: Nutritional Imbalances - Obesity and under weight, types of obesity. Dietary modifications role in maintenance of Arthritis, rheumatoid and osteo arthritis

Reference Books

Corinne H. Robinson, Marilyn R. Lawler, Wanda L., Chenweth, Ann Garwin, Normal and Therapeutic Nutrition, XVII Editor

Krause, M.V. Hunseher, M.A., Food Nutrition and Diet Therapy, W.S. Saunder_s Company, Philadelphia, London, Toronto, Eleventh edition

Maurice, E. Shills, James, A. Olsen, Moshe Shihe, Modern Nutrition on Health and Disease, Ninth Edition, Lea and Pediger, Philadelphia, 1994

Sue Rod Williams, Nutrition and Diet Therapy, Times Mirror Masby College Publishing St. Laws, Toronto, Boston, 1989

Gopalan, C., Ramshastri and Balasubramaniam, S.C. Nutritive value of Indian Foods, NIN, Hyderabad, 1994

Course Outcomes (COs)

On the completion of the course, students will be able to:

CO1: To select specific foods for management of disease condition and evaluate the role of diet in the control of diseases

CO2: To apply yoga principles to health promotion and the prevention of stress

CO3: Analyze the relationship between diet and disease.

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