

Diploma in Nutrition and Dietetics

For the completion of Distance Participation Program of Nutrition and Dietetics, a candidate has to successfully complete the following four papers.

Course Curriculum

PAPER 1: SCIENCE OF NUTRITION

- **Nutritional Biochemistry**
 - Carbohydrates
 - Proteins
 - Lipids
 - Vitamins
 - Minerals
 - Enzymes
 - Nucleic acids DNA

- **Animal physiology**
 - Cell Membrane
 - Animal Cell
 - Digestion and Absorption of food
 - Physiology of Circulation
 - Respiration
 - Excretion
 - Osmoregulation
 - Nerve physiology
 - physiology of Reproduction
 - Endocrine Glands
 - Physiology of Reproduction

PAPER 2: FOOD MICROBIOLOGY

- History of Microbiology
- Spectrum of Microbiology
- Biochemical activities of Bacteria
- Growth and Reproduction of Micro-organisms
- Food Spoilage
- Water Microbiology

- Food Hazards
- Fermented Foods

PAPER 3: HEALTH ADMINISTRATION

- Introduction to Health Care
- Healthcare Organization, Policy and Indicators
- Primary Healthcare
- Organizing Health Care Services
- Healthcare Information Systems
- Impact on Health Care Management
- Interactive Health care Education Systems
- Instructive Health Care Education Systems

PAPER 4: NUTRITION AND DIETETIC ASSISTANCE

- Nutritive value and Energy value of different Foods
- Recommended Dietary Allowances
- Food Groups and Planning of Balanced Diet
- Nutrition of Infants and Infant Foods
- Nutrition of Preschool Children
- Nutrition of Children and Adolescents
- Nutrition of Pregnant and Lactating Mothers
- Nutrition of Industrial workers
- Food Fadism and Faulty Food Habits
- Prevention of Malnutrition
- Geriatric Nutrition
- Applied Nutrition Programs
- Lathyrism, Obesity
- Nutritive value of common Indian Recipes
- Therapeutic diets
- Therapeutic nutrition and diets in fevers, infectious diseases and constitutional ailments
- Processed Supplementary Foods and Novel Foods.