

**SantGadge Baba Amravati University**

**Faculty: Interdisciplinary Studies**

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**Bridge Course Prescribed for M.Sc. Home Science (Food Science and Nutrition)**

**NEPv23**

**Marks: 50**

**Credits: 2**

**Course Outcomes**

**After completion of the course students will -**

1. Comprehend the concepts of food, nutrition and nutrients
2. Explain the importance of balanced diet
3. Learn to use food exchange list

<b>Unit</b>	<b>Content</b>	<b>Periods</b>
Unit I	Introduction to Food and Nutrition Food, Nutrition and Nutrients – Concepts, Definitions and Importance Functions of foods Food Groups Food Pyramid Diet and Balanced Diet Food and our body Body composition	8
Unit II	Nutrients – Functions of Nutrients Macro nutrients – Carbohydrates, Proteins and Fats Micro Nutrients – Fat soluble and Water soluble vitamins, Minerals Energy – Energy requirements of the body Units of energy and their conversions Fiber and water Malnutrition and Over nutrition	8
Unit II	Choice of food Recommended Dietary Allowances for Indians Food Exchange List system Digestion and absorption of nutrients Health – Concept, Definition and Dimensions Nutritional status – Good nutritional Status and Poor nutritional status Organizations related to Food and Nutrition – WHO, ICMR-NIN, UNICEF, FAO, FSSAI	8

**Course Material/Learning Resources**

**References**

1. B.Srilakshmi,(2007):Dietetics,8<sup>th</sup> Edition, New AgeInternationalPvt.Ltd.New Delhi
2. MahanL.K.,SylviaEscott-Stump(2000):Krause’sFoodNutritionandDietTherapy10<sup>th</sup>Edition,W.B. Saunders CompanyLondon
3. Park K. (2009) Park’s Text Book of Preventive and Social medicine, 20th Edition M/S BanarasidasBhanot, Jabalpur
4. Shubhangini A Joshi (2021), Nutrition and Dietetics with Indian case studies, 5<sup>th</sup> Edition, Tata McGraw Hill Education (India) Private Limited
5. Swaminathan M. (1985) Advanced Textbook on Food and Nutrition, Volume – 1, The Bangalore Press