

## SYLLABUS 2021-2022

**STANDARD: 12**

**SUBJECT: NUTRITION AND DIETETICS**

MONTH	Total No. of Units	UNIT	CONTENT
		3. Nutrition During Pre-School, School Age and Adolescence	3.5.6 Acne vulgaris 3.5.7 Malnutrition due to teenage pregnancy 3.5.8 Changes in eating habits during adolescence 3.5.9 Dietary guidelines for adolescents
January	2	4. Nutrition In Adulthood and Old Age	4.1 Adult. 4.1.1 Nutrition requirements of Adults. 4.2.1 Factors affecting intake of food. 4.2.2 Nutrition and food requirements of elderly 4.2.3 Dietary guidelines.
		5. Therapeutic Diets	5.1 Principles of therapeutic diet. 5.1.1 The general objectives of therapeutic diet. 5.1.3 Factors to be considered in planning therapeutic diets. 5.2 Routine hospital diet. 5.2.1 Liquid diets 5.2.2 Soft diets 5.2.3 Restricted diets 5.2.4 Regular diets 5.3 Special feeding methods. 5.4 Dietitian. 5.4.1 Administrative dietetians 5.4.2 Clinical dietetians 5.4.3 Community dietetians 5.4.4 Research dietetians 5.4.5 Teaching dietetians 5.4.6 Consultant dietetians 5.5.1 Role of Dietitian. 5.5.2 Responsibilities of Dietitian. 5.5.3 Code of ethics of Dietitian.



February	3	6. Diet In Fever	6.1 Communicable and non communicable diseases. 6.2 Definition of fever 6.3 Causes of fever 6.4 classification types of fever 6.6 Diet therapy in fever.
		Practical	5. Diet in fever
		7. Diet In Obesity And Underweight	7.1 Introduction for Obesity. 7.1.1 Aetiology. 7.1.2 Assessment of Obesity. 7.1.3 Complications of obesity. 7.1.4 Dietary Principles: 7.2 Underweight 7.2.1 Aetiology 7.2.2 Complications of underweight 7.2.3 Dietary principles.
		Practical	6. Diet in obesity
		8. Diet In Gastro Intestinal And Liver Disorder	8.1 Gastro intestinal disorder 8.1.1 Diarrhea 8.1.2 constipation, Diet therapy for constipation. 8.1.3 Diet therapy for peptic ulcer. 8.2 Liver disorder 8.2.1 Hepatitis - causes, types symptoms, Diet therapy for hepatitis 8.2.2 Cirrhosis symptoms and diet therapy