

**Class XI**  
**Dietetics-I (DTC1)**  
**Semester I**

SL no	TOPIC	No of Periods	Marks
1.	A balanced diet- Recommended allowances for Indians of varying age, sex and occupation.	2	2
2.	Energy –Definition & unit,BMR,Factors affecting BMR, SDA	20	6
3.	Principles of meal planning.	2	2
4.	Nutritional requirements of pregnancy and lactation,Feeding of Infants-Breast feeding Vs Artificial feeding, colostrums, weaning of food	24	10
5.	Nutritional requirements of Preschooler and school goers,Adolescents and Adults.	12	10
<b>TOTAL</b>		<b>60</b>	<b>30</b>

**Class XI**  
**Semester II**

SEM	SL no	TOPIC	No of periods	Marks
<b>II</b>	1	Aging-Physiological changes& complications of aging. Calorie requirements & dietary modifications for older person	20	8
	2.	Protein Energy Malnutrition (PEM)-Definition, classification, etiology, signs and symptoms, preventive measures and dietary management of Kwashiorkor & Marasmus.	28	14
	3.	Anemia-Definition, cause, classification and nutritional management.	16	6
	4.	Obesity-Definition, classification of gradation of obesity according to BMI. Complications, Causes and dietary management of obesity.	12	8
	5.	Underweight-Definition, causes and dietary management.	8	4
	<b>TOTAL</b>		<b>84</b>	<b>40</b>

## Dietetics – I Lab.

SL no	TOPIC	No of periods	Marks
1	Planning and preparation of whole day menu for different age groups and physiological conditions		
	a) Infancy and childhood.	12	} 24
	b) Adolescent	12	
	c) Normal adult.	12	
	d) Pregnancy.	12	
	e) Lactation.	12	
	f) Old age.	12	
2.	Laboratory Note book		4
3.	Viva-Voca		2
<b>TOTAL</b>		<b>72</b>	<b>30</b>

### Reference Books

- 1) Khadda –o-pusti :SunitiGhoshChatterjee(Pub:Calcutta Book House)
- 2) PustiBigyan :Sahu&Sahu (ChhayaPrakashani)
- 3) PustiBigyan :KumkumPurkait (NababharatiPrakashini)
- 4) PustiBigyan :Santra(Santra Publication)