

**Department of Physiology
A.B.N. Seal College
Cooch Behar**

**ADD-ON COURSE ON
“HOUSE-HOLD BASED NUTRITIONAL ASSESSMENT”
(Second Phase-Diet Chart Preparation)**

Syllabus

Day 1: 1. Introductory Lecture

2. Introduction to nutrition, food value, balance diet
3. RDA, Food groups
4. Home study based on this day's class -3 Hrs

Day 2: 1. Principles of planning menu, Steps to plan a diet, Exchange list

2. Home study on RDA and Exchange list – 3Hrs

Day 3: 1. Survey by the participant in their own house of family food habits, preferences, dislike and prohibition.

2. Note down common menu of the family of last 7 days.

Day 4: 1. Preparation of diet chart using exchange list

2. Home work on preparing their own diet chart by participants: 4 Hrs

Day 5: 1. Evaluation of diet chart prepared by the participants.

2. Experience sharing
3. Valedictory session

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COURSE OUTCOME:

On completion of the ADD-ON course on “House-hold based Nutritional Assessment”, the participants gained the following knowledge:

1. Importance of Individual Nutrients

2. Brief idea about Diet and Balanced Diet

3. Calculation of Dietary Requirement of an Individual

a. Adult Consumption Unit (ACU)

b. Recommended Dietary Allowance (RDA)

and compare them with the ICMR Recommended Average Values of Nutrients per Unit of Food Items

4. Calculation of Nutritional Values of Consumed Food

5. Calculation of Physiological Fuel Value of Food, Digestibility Coefficient (DC)

6. Diet Survey-Different methods and Basic Requirements

7. Planning of Household Diet Survey – Questionnaire Method

8. Categorization of Individual Family Members According to Age, Sex, Activity, Special Condition.

9. Calculation of Ideal Requirement of Nutrients of each Family to be surveyed.

10. Day-wise Recording of Food Consumption of Individual Family for 7 Consecutive Days.

11. Calculation of Total Consumption of Nutrients by Individual Family.

12. Comparison of Average Consumed Nutrient with RDA values.

13. Comparison of Actual Calorie Intake with Total ACU of the Families.

14. Discussion of Individual cases of Special Nutritional Requirement.

15. Assessment of Nutritional Status of the Family and Defining of Suggestions based on the Assessments.

16. If the participants want to have advanced course on this topic, they will be further able to understand and formulate more complicated diet charts.