



**Children's University**  
**School of Nutrition and Health**  
**Department of Home Science**  
**Gandhinagar.**

**ACADEMIC**  
**YEAR**  
**2020-2021**

**P.G.Diploma in Nutrition and Dietetics**

<b>Year</b>	<b>I</b>	<b>Course Type: Core Compulsory</b> <b>Course No: NDC 103</b> <b>Course Title: Practical-1</b>	<b>Credits</b>	<b>4</b>
<b>Semester</b>	<b>I</b>		<b>Hours/wk</b>	<b>8</b>
<b>COURSE CONTENT / SYLLABUS- Practical</b>				
<b>Unit I</b>	<b>Human Nutrition</b> <ol style="list-style-type: none"><li>1. Plan and prepare normal Balance diet sheet.(for Adult Male, Female)</li><li>2. Plan, prepare Recipe with low and high glycemic index foods and calculate its nutritive value</li><li>3. Plan, prepare high Fiber and low Fiber Recipe and calculate its nutritive value</li><li>4. Plan, prepare low Fat Recipe and calculate its nutritive value</li><li>5. Plan, prepare high Protein Recipe and calculate its nutritive value</li></ol>			
<b>Unit II</b>	<b>Advance Clinical nutrition</b> <ol style="list-style-type: none"><li>1. Market survey of commercial nutritional supplements and nutritional support substrates.</li><li>2. Planning and preparation of diets for patients<ul style="list-style-type: none"><li>• Lactose Intolerance</li><li>• Celiac Disease</li></ul></li><li>3. Planning and preparation of diets for<ul style="list-style-type: none"><li>• Obesity</li><li>• Underweight</li></ul></li></ol>			
<b>Unit III</b>	<b>Food Preservation and Basic Microbiology</b> <ol style="list-style-type: none"><li>1. Instruments used in microbiology laboratory – Incubator, Hot air oven, centrifuge, Ph. meter, Autoclave</li><li>2. Microscope and its parts</li><li>3. Gram Staining</li><li>4. Observation of micro-organism from fruit, vegetables, bread</li><li>5. Sterilization methods</li><li>6. Food preparations by using any two physical methods of preservation</li></ol>			
<b>Unit IV</b>	<b>Physiology (Basic)</b> <ol style="list-style-type: none"><li>1. Demonstration of Barr body</li><li>2. Blood Grouping and Rh factor</li><li>3. Measurement of Blood Pressure (After exercise and during rest)</li><li>4. Measurement of body temperature and pulse rate (After exercise and during rest)</li></ol>			