Resource Checklist for Fundamentals of Food & Nutrition

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| Topics | Resources |
| 1. Introduction to Nutrition; definition of food; nutrition and relevant terms: health, nutrients, nutritional status, and malnutrition.
 | **Book: Fundamentals of Food, Nutrition and Diet Therapy, 5th Edition by S.R.Mudambi & M.V. Rajagopal*** Chapter 1- Food, Nutrition and Health
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| 1. Functions of foods: physiological, psychological and social.
 | **Book: Fundamentals of Food, Nutrition and Diet Therapy, 5th Edition by S.R.Mudambi & M.V. Rajagopal*** Chapter 1- Food, Nutrition and Health
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| 1. Signs of good and poor nutrition.
 | Word Document: Signs of good & Poor Nutrition |
| 1. Classification, characteristics, food sources, functions and nutritional problems of the Macronutrients and Micronutrients.
 | Book: **UNDERSTANDING NUTRITION 15th ED Whitney & Rolfes*** Classification, characteristics, food sources, functions and nutritional problems of the Macronutrients, Chapter4,5 &6
* Classification, characteristics, food sources, functions and nutritional problems of the Micronutrients. Chapter10,11,12&13
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| 1. Balanced Diet: definition and characteristic of balanced diet; importance of balanced diet in relation to health.
 | Book: **UNDERSTANDING NUTRITION 15th ED Whitney & Rolfes*** Planning a Healthy Diet Chapter 2

WHO Guidelines for Balanced Diet <https://www.who.int/news-room/fact-sheets/detail/healthy-diet>Balanced Diet <https://i-base.info/guides/side/diet-a-balanced-diet-and-your-health>PPT: Balanced Diet<https://www.slideshare.net/nutritionistrepublic/balanced-diet-25913354> |
| 1. Use of daily food guide (Food Groups and Food Guide Pyramid), food composition tables and Dietary Reference Intakes (DRI).
 | Book: **UNDERSTANDING NUTRITION 15th ED Whitney & Rolfes*** Food Guides Chapter 2
* DRI Chapter 1

Book: **Nutrition & Diet Therapy 9th Ed. Linda Kelly DeBruyne Kathryn Pinna Ellie Whitney** Chapter1* Use of daily food guide (Food Groups and Food Guide Pyramid), food composition tables and Dietary Reference Intakes (DRI).

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| * Conservation of nutrients and losses in food storage, preparation and cooking methods of food groups.
 | **Book: Fundamentals of Food, Nutrition and Diet Therapy, 5th Edition** * Chapter 18, 19 & 20

**PPT**<https://www.slideshare.net/MamtaSahurkar/loss-of-nutrients>**Web link**<https://www.healthline.com/nutrition/cooking-nutrient-content>**Food Processing and Impact on Nutrition**<http://saspjournals.com/wp-content/uploads/2015/08/SJAVS-24A304-311.pdf> |
| * Factors effecting dietary practice; food habits; food choices; food fads and fallacies.
 | Book: UNDERSTANDING NUTRITION 15th ED Whitney & Rolfes* Food Choices , Chapter 1
* Food Fads and Fallacies: PDF doc
* Food Fads and Fallacies: Word File
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