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 |
| 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 |
| 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 |
| 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). |
| * 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 |