COLLEGE OF DENTAL SCIENCES
DAVANGERE

OUR FOOD- OUR MEDICINE

MODULE 1:

We are learning about basic principles of food and nutrition and we are going to learn in detail about macronutrients and their role in day today's healthy life.

DATE: 04/09/ 2021
TIME*: 2.30 TO 5PM*

MODULE 2:

We are going to learn about micronutrients and their significance.

As growth during adolescence is faster than any other stage in individual's life except the first year and the occurance of second growth spurt in a life span. It is a period of rapid linear growth phase,its very important to the know the nutrient requirements of adolescents.

DATE: 25/09/2021
TIME: 2.30 TO 5PM

MODULE 3:

Globally, anemia is a common public health problem, which is present in majority of the developing countries and few developed countries.

In India, the prevalence of anemia is very high in terms of percentages and caused due to poor density and bioavailability of nutrients from staple foods. This week will discuss how to overcome anemia through nutritional management therapy.

In this session will also have a overlook on food adulteration.

DATE: 09/10/2021
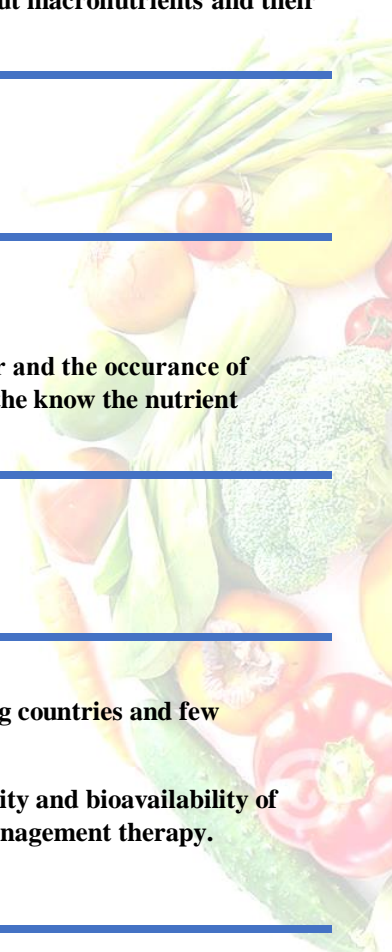TIME: 2.30 TO 5 PM
Contact for details
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Reader
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MODULE-1

1. **We are learning about basic principles of food and nutrition and we are going to learn in detail about macronutrients and their role in day today's healthy life. Time: 1 Hour 30min**

Basics of Nutrition-

Introduction

Functions of food and Food choices

Definition of nutrition and Balanced nutrition

Food groups

The food guide pyramid and My plate

Carbohydrates

Introduction

Classification and Functions of dietary carbohydrates

Source and significance of different carbohydrates in diet

Recommended dietary allowance

Carbohydrate metabolism

Glycemic index and Glycemic load

Dietary fibers and Sweeteners

Deficiency and Excess of carbohydrates

Proteins

Introduction, Composition and Classification of proteins

Functions and sources of proteins

Recommended dietary allowance

Metabolism of proteins and Nitrogen balance

Deficiency and consequences of excess of proteins

Lipids

Definition of Lipids and Fats

Classification of Lipids and Fatty acids

Functions of fats and dietary fats

Sources, Digestion, Absorption and Metabolism of fats

Deficiency and Consequences of excess of fats

Recommended dietary allowance for fats and oils

MODULE-2

1. **We are going to learn about micronutrients and their significance.**
2. **As growth during adolescence is faster than any other stage in individual's life except the first year and the occurance of second growth spurt in a life span. It is a period of rapid linear growth phase,its very important to the know the nutrient requirements of adolescents.**

Fat soluble vitamins and Water soluble vitamins

Minerals

Water

Distribution of water in body

Functions of water

Hormonal regulation

Water intake and Output

Consequences of water imbalance in body

Water intoxication

Nutritional requirements for Adolescents

Dietary guidelines for adolescents

Factors affecting eating behavior in Adolescents

Adolescent obesity and nutritional management for obesity

Eatiing disorders and nutritional management of eating disorders

MODULE-3

1. **Globally, anemia is a common public health problem, which is present in majority of the developing countries and few developed countries.**
In India, the prevalence of anemia is very high in terms of percentages and caused due to poor density and bioavailability of nutrients from staple foods. This week will discuss how to overcome anemia through nutritional management therapy.
2. **In this session will also have a overlook on food adulteration.**

Nutritional management for Anemaia

Introduction

Classification

Signs and symptoms of Anemia

Diagnosis of Anemia

Nutritional management of Anemia

Food adulteration

Introduction

Commonly adulterated food and Common adulterants

Simple detection methods of the adulterants

ASSESSMENT

Reflective assessment and MCQs