

T.Y.B.A. (Home-Science) - Semester-V
Practical on Diet Therapy - (Core Compulsory-CC-314)

Objectives:-

- To enable students to plan and prepare diets for various diseases.
- To provide practical laboratory training in preparation of special diets and therapeutic diet.

Course Content:-

Unit-1

- Planning and preparation of
 - Normal diet
 - Liquid diet - Clear fluid diet
- Full fluid diet
 - Soft diet, Bland diet and fiber diet
- Planning of whole day diet plan for patient of following diseases and calculate nutritive value of whole day's diet plan, prepare any three recipes from each diet plan.
 - Peptic ulcer
 - Constipation
 - Diarrhoea
 - Ulcerative colitis

Unit-2

- Planning of whole day diet plan for patient of following diseases and calculate nutritive value of whole day's diet plan, prepare any three recipes from each diet plan.
 - Diabetes
 - Jaundice
 - Obese person

Unit-3

- Planning of whole day diet plan for patient of following diseases and calculate nutritive value of whole day's diet plan, prepare any three recipes from each diet plan.
 - Heart Diseases.
 - Anemia

Unit-4

- Planning of whole day diet plan for patient of following diseases and calculate nutritive value of whole day's diet plan, prepare any three recipes from each diet plan.
 - Tuberculosis
 - Kidney diseases

References:-

1. Aharniyojan – Vrundasinh-Shyam Prakashan- Jaipur
2. Normal and Therapeutic Nutrition - Robinson