

M.A H.sc -304 Maternal and child nutrition (core elective)

Objectives:

1. To aware the students about complication , psychological and physiological changes and nutritional requirement during pregnancy and location.
2. To provide the knowledge about importance of breast milk, supplementary and weaning food and health and nutrition and child to the students.

Unit 1:

- Pregnancy:
 - ❖ Physiological and psychological changes.
 - ❖ Complication during pregnancy.
 - ❖ Foetal development.
 - ❖ Placenta ,its function.
 - ❖ Amniotic fluid ,its function.
 - ❖ Hormonal importance in pregnancy and lactation.
- - ❖ Monthly development during pregnancy.
 - ❖ Factors determining nutritional needs for pregnant and lactating women .

Unit 2:

- ❖ Nutritional consideration during pregnancy and lactation.
- ❖ Factors influencing the nutritional status of the pregnant and lactating women.
- Infant nutrition:
 - ❖ Growth and development : body size , body composition and development of
 1. Cardiovascular system.
 2. Gastrointestinal tract.
 3. Renal system.
 4. Brain development.
 - ❖ Nutritional assessment and status.

Unit 3:

- Nutritional requirement of infant:
 - Breast milk : composition , comparison and superiority with animal milk .importance for infant growth and development & health.
 - Weaning : bottle feeding ,supplements for formulafeeding ,feeding problems and issues.

Unit 4:

- nutrition for low birth weight infants.
 - Definition ,development problems , nutritional requirement , method of feeding , schedule of feeding.
 - Nutrition for preschool and school children growth and development.
 - Nutritional status of pre school and school children .cause of malnutrition during these period , steps to prevent malnutrition . nutritional requirement .factors affecting physical growth.

References:

- Human physiology, by c.c chatterjee.
- Pregnancy and your child (gujrati) ,by B.N pa rikh
- Text book of medical physiology 9th edition, by guyton and hall.
- Normal and therapeutic nutrition 17th edition,by Corinne H. resbinson.
- Individual and family development, by jerry j. bigner..
- Developmental psychology 4th edition ,by david R. Shaffer.
- Child development 6th edition , by Elizabeth B. Hurlock.
- Child development 6th edition by, laura E. berk.