

Maternal and Child Nutrition

Paper no. – HSHD (104)

ES-1

Credits – 3+1=4

SEM – I (M.Sc. H.D.)

Marks : 100 + 35 = 135

Objectives :

1. To aware th104e students about complication, Psychological & Physiological changes and nutritional requirement during pregnancy and lactation.
2. To provide the knowledge about importance of breast milk, Supplementary and weanling food and health and nutrition of mother and child to the students.
3. To provide the knowledge about direct nutritio nal assessment of Human groups.

UNIT : 1

- a. Pregnancy and lactation- Physiological and psychological changes. complications during pregnancy.
- b. Feotal development, placenta, its functions, feotal blood circulation, Amniotic fluid, its functions.
- c. Hormonal importance in pregnancy and lactation.

Monthly development during pregnancy and types of delivery. Factors determining nutritional needs for pregnancy and lactating women.

UNIT : 2

- a. Food needs and nutritional consideration during pregnancy and lactation. Fac tors influencing the nutritional status of pregnant and lactating women.
- b. Infant nutrition, growth & development, body, size, composition & development of cardiovascular system, Gastrointestinal tract, Renal system, Brain development.

- c. Nutritional requirement of an infant-Breast milk, composition, comparison and superiority with animal milk. Importance of breast milk for infant growth and development and health.

UNIT : 3

- a. Weaning ,bottle feeding, supplements for formula feeding, feeding problems and issues.
- b. Nutrition for low birth weight infants -definition development problems, Nutritional requirement method of feeding, schedule of feeding.

UNIT : 4

- a. Nutrition for preschool and school children growth and development. Causes of Malnutrition during their period steps to prevent malnutrition .Nutritional requirements, Factors affecting physical growth.
- b. Direct nutritional assessment of human groups. Clinical sign, Nutritional anthropometry, Biochemical tests, Biophysical methods.

Practical:-

1. Plan a menu for pregnant women for a day and calculate all the essential nutrients.
2. Plan a menu for lactating mother and calculate all the essential nutrients.
3. Plan a menu for preschool children and calculate all the essential nutrients.
4. Plan a menu for school children and calculate all the essential nutrients.
5. Prepare a recipe for pregnant woman.
6. Prepare a recipe for lactating mother.

7. Prepare a breakfast recipe for preschool children.
8. Prepare a lunch box recipe for school children.
9. Anthropometric measurements and observation of clinical signs and symptoms of preschool and school children.

REFERENCES:-

1. Food & Nutrition Vol. 1 M.S. Swaminathan.
2. Human Physiology, C.C. Chatterjee.
3. Text book of medical physiology, 9th edition, Guyton and Hall.
4. Normal & therapeutic nutrition, 17th edition, Orin H Robinson.
5. Assessment of nutritional status., Jelliffe and Jelliffe.
6. Krause's Food & Nutrition therapy. 12th edition, Mahan Escott-Stamp.