



VIVEKANANDHA COLLEGE OF ENGINEERING FOR WOMEN  
(Autonomous Institution, Affiliated to Anna University, Chennai)  
Elayampalayam, Tiruchengode – 637 205



**DEPARTMENT OF BIOTECHNOLOGY**

**Course Code / Name U13BTE18-THERAPEUTIC NUTRITION:**

**Class (Year / Programme / Department / Section):IV/ B.TECH/ BT**

**UNIT-1-NUTRITIONAL ASSESSMENT & CARE OF PATIENTS**

| S.No | Topics To Be Covered  | Duration in Minutes | Teaching Aid | Books Referred |
|------|---|---------------------|--------------|----------------|
| 1.   | Nutrition care process,Nutritional screening assessment of patients | 45                  | BB           | T1             |
| 2.   | Nutritional assessment of patients out patient & hospitalized       | 45                  | BB           | T2,R1          |
| 3.   | Nutritional interpretation of routine medical data                  | 45                  | BB           | T2             |
| 4.   | Nutritional interpretation of routine laboratory data               | 45                  | BB           | T1             |
| 5.   | Nutrition care plan and implementation                              | 45                  | PPT          | T2,R2          |
| 6.   | Monitoring and follow up  | 45                  | BB           | R2             |
| 7.   | Ethical issues.   | 45                  | PPT          | T1,R2          |
| 8.   | Dietary Counseling  | 45                  | BB           | T2             |
| 9.   | Nutrition Support: Enteral Nutrition                                | 45                  | PPT          | T2             |

**UNIT-II -WEIGHT MANAGEMENT & DIABETES MANAGEMENT**

| 10. | Topics To Be Covered   | Duration in Minutes | Teaching Aid | Books Referred |
|-----|--|---------------------|--------------|----------------|
| 11. | Etiopathophysiology  | 45                  | BB           | T1             |
| 12. | metabolic & clinical aberrations.  | 45                  | PPT          | T2,R1          |
| 13. | Diagnosis, complications, treatment, MNT   | 45                  | BB           | T2             |
| 14. | Dietary counseling and recent advances in Weight imbalance disorders- Overweight and Underweight | 45                  | PPT          | T1             |

|     |  |    |     |       |
|-----|--|----|-----|-------|
| 15. | Dietary counseling and recent advances in Diabetes Mellitus Type 1, Type 2       | 45 | BB  | T2,R2 |
| 16. | Dietary counseling and recent advances in Diabetes Mellitus Gestational diabetes | 45 | PPT | R2    |
| 17. | Revision   | 45 | BB  | T1,R2 |
| 18. | Quiz test for 1 <sup>st</sup> and 2 <sup>nd</sup> lesson                         | 45 | PPT | T2    |
| 19. | Revision of 1 <sup>st</sup> and 2 <sup>nd</sup> lesson for internal              | 45 | BB  | T2    |

### UNIT-III-CARDIOVASCULAR DISORDERS

|     | Topics To Be Covered                    | Duration in Minutes | Teaching Aid | Books Referred |
|-----|---|---------------------|--------------|----------------|
| 20. | Cardio Vascular Diseases                | 45                  | PPT          | T1             |
| 21. | hypertension, hyperlipidemia            | 45                  | BB           | T2,R1          |
| 22. | metabolic syndrome                      | 45                  | PPT          | T2             |
| 23. | peripheral and cerebro vascular disease | 45                  | BB           | T1             |
| 24. | Etiopathophysiology                     | 45                  | PPT          | T2,R2          |
| 25. | metabolic & clinical aberrations        | 45                  | BB           | R2             |
| 26. | diagnosis, complications, treatment,    | 45                  | PPT          | T1,R2          |
| 27. | MNT                                     | 45                  | BB           | T2             |
| 28. | dietary counseling                      | 45                  | PPT          | T2             |

### UNIT-IV GI TRACT DISORDERS

|     | Topics To Be Covered                    | Duration in Minutes | Teaching Aid | Books Referred |
|-----|---|---------------------|--------------|----------------|
| 29. | Discussion about GI Tract Disorder      | 45                  | BB           | T1             |
| 30. | Gastrointestinal tract Disorders – GERD | 45                  | BB           | T2,R1          |
| 31. | GERD peptic ulcer                       | 45                  | PPT          | T2             |
| 32. | GERD diarrhoea                          | 45                  | BB           | T1             |
| 33. | GERD lactose intolerance                | 45                  | BB           | T2,R2          |
| 34. | GERD celiac disease                     | 45                  | PPT          | R2             |

|                             |   |                            |                     |                       |
|-----------------------------|---|----------------------------|---------------------|-----------------------|
| 35.                         | GI tract disorders- A CASE STUDY        | 45                         | BB                  | T1,R2                 |
| 36.                         | Current stragies                        | 45                         | BB                  | T2                    |
| 37.                         | Quiz test                               | 45                         | BB                  | T2                    |
| <b>UNIT-V OTER DISEASES</b> |   |                            |                     |                       |
|                             | <b>Topics To Be Covered</b>             | <b>Duration in Minutes</b> | <b>Teaching Aid</b> | <b>Books Referred</b> |
| 38.                         | Disscsion about Degenerative Disorders  | 45                         | BB                  | T1                    |
| 39.                         | Cancer - Role of diet in etiology       | 45                         | BB                  | T2,R1                 |
| 40.                         | Cancer – management                     | 45                         | BB                  | T2                    |
| 41.                         | Alzheimer’s disease                     | 45                         | BB                  | T1                    |
| 42.                         | Parkinson’s disease                     | 45                         | PPT                 | T2,R2                 |
| 43.                         | HIV-AIDS                                | 45                         | BB                  | R2                    |
| 44.                         | Role of diet in etiology and management | 45                         | PPT                 | T1,R2                 |
| 45.                         | Quiz test                               | 45                         | BB                  | T2                    |

**TEXT BOOKS:**

- 1) Mahan, L. K. and Escott Stump. S. (2008) Krause’s Food & Nutrition Therapy 12<sup>th</sup> ed. Saunders-Elsevier
- 2) Shils, M.E., Shike, M, Ross, A.C., Caballero B and Cousins RJ (2005) Modern Nutrition in Health and Disease. 10<sup>th</sup> ed. Lipincott, William and Wilkins.

**REFERENCE:**

- 1) World Cancer Research Fund & American Institute for Cancer Research (2007) Food,