



**Mahatma Gandhi University**  
**Kottayam**

<b>Programme</b>	<b>BSc (Hons) Clinical Nutrition and Dietetics</b>				
<b>Course Name</b>	THERAPEUTIC NUTRITION				
<b>Type of Course</b>	DSC				
<b>Course Code</b>	MG4DSCCND202				
<b>Course Level</b>	200-299				
<b>Course Summary</b>	This course is designed to provide students with a comprehensive understanding of clinical nutrition, focusing on the application of nutritional principles to the prevention and management of various health conditions.				
<b>Semester</b>	4	Credits			Total Hours
<b>Course Details</b>	Learning Approach	Lecture	Tutorial	Practical	
		3		1	75
<b>Pre-requisites, if any</b>	Basic knowledge in science				

**COURSE OUTCOMES (CO)**

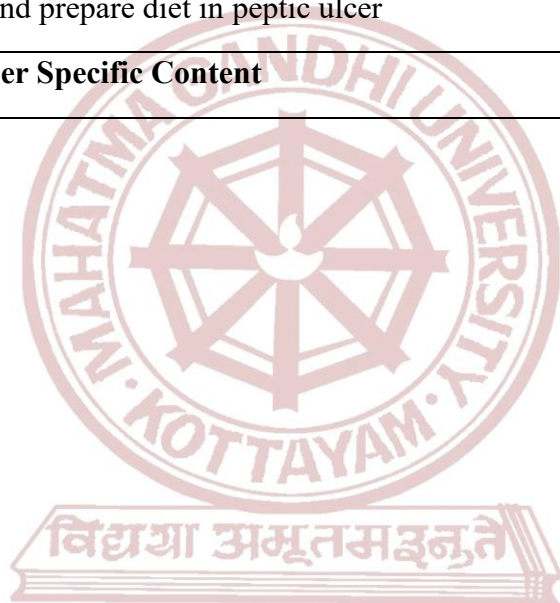
CO NO.	Expected Course Outcome	Learning Domains *	PO NO
CO1	Identify various febrile conditions and dietary modifications.	U	2
CO2	Summarize various gastrointestinal diseases.	U	1
CO3	Describe different food allergies.	U	1
CO4	Develop therapeutic diet for various disease conditions.	An	1,2
*Remember (K), Understand (U), Apply (A), Analyse (An), Evaluate (E), Create (C), Skill (S), Interest (I) and Appreciation (Ap)			

## COURSE CONTENT

Module	Unit	Course Description	Hours	CO NO.
1		<b>Diet in Febrile Conditions</b>	<b>15</b>	<b>CO1</b>
	1.1	<b>Fevers</b> - types, aetiology, metabolic changes in fever, acute and intermittent fever (typhoid, influenza, malaria,) - causes, symptoms and dietary management.	6	
	1.2	<b>Chronic fever (tuberculosis)</b> - causes, symptoms and dietary management.	3	
	1.3	<b>HIV AIDS</b> - causes, stages and clinical manifestations, micronutrient and macronutrient deficiency in AIDS, complications of AIDS, dietary management.	6	
2		<b>Diet in Gastrointestinal Disease</b>	<b>15</b>	<b>CO2</b>
	2.1	<b>Upper gastrointestinal tract disorders</b> - aetiology, symptoms and dietary management of Gastro Oesophageal Reflux Disease (GERD), gastritis, peptic ulcer.	8	
	2.2	<b>Lower gastrointestinal tract disorders</b> - aetiology, symptoms and dietary management of constipation, diarrhoea, irritable bowel syndrome, inflammatory bowel disease, diverticulitis.	7	
3		<b>Food Allergy</b>	<b>15</b>	<b>CO3</b>
	3.1	<b>Food Allergy</b> - Definition, types, symptoms and mechanism of food allergy.	3	
	3.2	<b>Allergens – Plant source, animal source, beverages and food contaminants.</b>	6	
	3.3	<b>Diagnosis</b> – Biochemical, immune testing, history and food record  <b>Treatment</b> – Elimination diets, drugs, dietary advice	6	

## PRACTICAL

Module	Unit	Course Description	Hours	CO NO.
4		<b>Diet in disease conditions</b>	<b>30</b>	<b>CO4</b>
	4.1	Plan and prepare diet in typhoid	6	
	4.2	Plan and prepare diet in tuberculosis	6	
	4.3	Plan and prepare diet in constipation	6	
	4.4	Plan and prepare diet in diarrhoea	6	
	4.5	Plan and prepare diet in peptic ulcer	6	
5		<b>Teacher Specific Content</b>		



**MGU-UGP (HONOURS)**

**Syllabus**

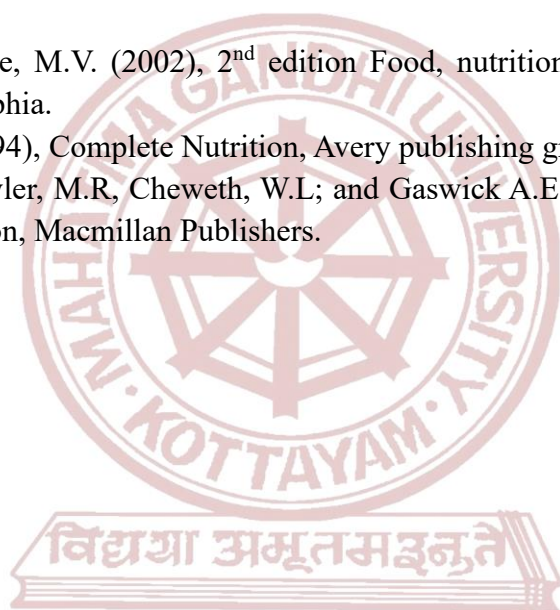
<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b>  <b>Direct Instructions:</b> <ul style="list-style-type: none"> <li>• Lecture</li> <li>• E-learning</li> </ul> <b>Interactive Instructions:</b> <ul style="list-style-type: none"> <li>• Group Assignment</li> <li>• Library Work and Group Discussion</li> <li>• Practical</li> </ul>
<b>Assessment Types</b>	<b>MODE OF ASSESSMENT</b>  <b>A. Continuous Comprehensive Assessment (CCA)</b>  <b>Theory-25 Marks</b> <ul style="list-style-type: none"> <li>• Internal Test- One MCQ based questions-10 marks</li> <li>• Assignment/ Oral presentation-5 marks</li> <li>• Quiz-5 marks</li> <li>• In- class discussion and involvement-5 marks</li> </ul> <b>Practical-15 Marks</b> <ul style="list-style-type: none"> <li>• Internal Test- 10 marks</li> <li>• Record- 3 marks</li> <li>• Lab involvement-2 marks</li> </ul>
	<b>B. End Semester Evaluation</b>  <b>Theory -50 Marks</b> <ul style="list-style-type: none"> <li>• Section A - MCQ - 6/6 (6x1=6 marks)</li> <li>• Section B - Short Answer - 2/4 (2x2=4 marks)</li> <li>• Section C - Short Essay - 4/6 (4x5=20 marks)</li> <li>• Section D – Essay – 2/4 (2x10=20 marks)</li> </ul> <b>Practical -35 Marks</b> <ul style="list-style-type: none"> <li>• Lab test – 20 marks</li> <li>• Record – 5 marks</li> <li>• Viva – 10 marks</li> </ul>

## REFERENCES

1. Antia P. Clinical Dietetics and Nutrition, 2nd edition, Oxford University Press.
2. Garrow J.S, James W. P.T. and Ralph A, (2000), Human Nutrition and Dietetics, 10th edition, Churchill Livingstone, London
3. Guthrie H. A, Picciano M. F (1995), Human Nutrition, Mosby, St. Louis Missionary. Sharon, M. (1994), Complete Nutrition, Avery publishing group. New York.
4. Srilakshmi B. Dietetics (2023), New Age International Publishers, 9th Edition, New Delhi.

## SUGGESTED READINGS

1. Mahan K. L, Krause, M.V. (2002), 2<sup>nd</sup> edition Food, nutrition and Diet Therapy, W.S. Suders Co, Philadelphia.
2. Michael Sharon (1994), Complete Nutrition, Avery publishing group. New York.
3. Robinson, C.H, Lawler, M.R, Cheweth, W.L; and Gaswick A.E, Normal and Therapeutic Nutrition, 17<sup>th</sup> edition, Macmillan Publishers.



**MGU-UGP (HONOURS)**

**Syllabus**