

# CBSE | DEPARTMENT OF SKILL EDUCATION CURRICULUM FOR SESSION 2020-2021

## FOOD NUTRITION & DIETETICS (SUBJECT CODE 834)

### JOB ROLE: Assistant Dietician

## RATIONALIZED CURRICULUM FOR CLASS XII SESSION – 2020-21 Total Marks: 100 (Theory-70 + Practical-30)

	UNITS	NO. OF HOURS for Theory and Practical	MAX. MARKS for Theory and Practical
<b>Part A</b>	<b>Employability Skills</b>		
	Unit 1 : Communication Skills-IV	13	10
	Unit 2 : Self-Management Skills- IV	07	
	Unit 3 : ICT Skills- IV	13	
	Unit 4 : Entrepreneurial Skills- IV	10	
	Unit 5 : Green Skills- IV	07	
	<b>Total</b>	<b>50</b>	<b>10</b>
<b>Part B</b>	<b>Subject Specific Skills</b>		
	Unit 1: Clinical and Therapeutic Nutrition	25	15
	Unit 2: Diet in Health and Disease: cause, physiological conditions, clinical symptoms and dietary management	25	15
	Unit 3: Diet in Health and Disease - II	25	15
	Unit 4: Food Safety and Quality Control	20	15
		<b>Total</b>	<b>95</b>
<b>Part C</b>	<b>Practical Work</b>		
	Viva based on Project	55	5
	Practical File / Power Point presentation		10
	Demonstration of skill competency via Lab Activities		15
			<b>Total</b>
	<b>GRAND TOTAL</b>	<b>200</b>	<b>100</b>

## **DETAILED CURRICULUM/TOPICS:**

### **Part-A: EMPLOYABILITY SKILLS**

<b>S. No.</b>	<b>Units</b>	<b>Duration in Hours</b>
1.	Unit 1: Communication Skills-IV	13
2.	Unit 2: Self-management Skills-IV	07
3.	Unit 3: Information and Communication Technology Skills-IV	13
4.	Unit 4: Entrepreneurial Skills-IV	10
5.	Unit 5: Green Skills-IV	07
	<b>TOTAL DURATION</b>	<b>50</b>

**NOTE:** For Detailed Curriculum/ Topics to be covered under Part A: Employability Skills can be downloaded from CBSE website.

### **Part-B – SUBJECT SPECIFIC SKILLS**

<b>S. No.</b>	<b>Units</b>	<b>Duration in Hours</b>
1.	Unit 1: Clinical and Therapeutic Nutrition	25
2.	Unit 2: Diet in Health and Disease: cause, physiological conditions, clinical symptoms and dietary management	25
3.	Unit 3: Diet in Health and Disease – II	25
4.	Unit 4: Food Safety and Quality Control	20
	<b>TOTAL DURATION</b>	<b>95</b>

UNIT	SUB-UNIT	SESSION/ ACTIVITY/ PRACTICAL
<b>Unit 1: Clinical and Therapeutic Nutrition:</b>	<b>1.1</b> Introduction to clinical nutrition and therapeutic nutrition,	<b>Session:</b> Understanding the concept of clinical and therapeutic meal planning.
	<b>1.2</b> Scope of Dietetics/Role of Dietician in health care	<b>Session:</b> What is the role of Dietician? <ul style="list-style-type: none"> <li>• clinical services</li> <li>• food service</li> <li>• community nutrition/public health</li> <li>• wellness and disease prevention</li> </ul>
	<b>1.3</b> Therapeutic Normal Nutrition and Adaptation to Diets	<b>Session:</b> Explanation of the normal and regular diet. . Enlisting some common examples of therapeutic diets.
	<b>1.4</b> Synergism between nutrition and infection	<b>Session:</b> Determining and understand relationship between nutrition and infection.
	<b>1.5</b> Therapeutic modification of normal diet with respect to consistency, frequency, foodstuffs, nutrients and methods of cooking	<b>Session:</b> Describing the types of therapeutic modification of normal diet. <ul style="list-style-type: none"> <li>• Enlisting various cooking methods: Moist-boiling, pressure cooking, steaming, blanching, poaching and Dry-roasting, toasting, baking methods.</li> </ul>
<b>Unit 2: Diet in Health and Disease-I</b>	<b>2.1</b> Fever (typhoid, tuberculosis)	<b>Session:</b> Understanding the causes, physiological conditions, clinical symptoms of different types of fevers.
	<b>2.2</b> Diarrhoea	<b>Session:</b> Understanding the causes, physiological conditions, clinical symptoms of Diarrhoea.
	<b>2.3</b> Eating disorders(anorexia nervosa, bulimia, binge eating)	<b>Session:</b> Understanding the causes, physiological conditions, clinical symptoms of Eating disorders.
	<b>2.4</b> Overweight/obesity	<b>Session:</b> Understanding the causes, physiological conditions, clinical symptoms of Overweight and obesity.
<b>3. Unit 3: Diet in Health and Disease –II</b>	<b>3.1</b> Hypertension	<b>Session:</b> Understanding the causes, physiological conditions, clinical symptoms, dietary management of Hypertension.
	<b>3.2</b> Diabetes	<b>Session:</b> Understanding the causes, physiological conditions, clinical symptoms, dietary management of Diabetes.
	<b>3.3</b> Jaundice/ <b>Hepatitis*</b>	<b>Session:</b> Understanding the causes, physiological conditions, clinical symptoms, dietary management of Jaundice. <b>Practical/Project:</b> <ul style="list-style-type: none"> <li>• <b>Create a project outline and Conduct extensive research on Hepatitis*</b></li> </ul>

**\*Note:- To be assessed in practical only. No question shall be asked from this portion in Theory Exams.**

UNIT	SUB-UNIT	SESSION/ ACTIVITY/ PRACTICAL
	<b>3.4 Celiac disease, Lactose Intolerance, peptic ulcer*</b>	<b>Practical/Project:</b> <ul style="list-style-type: none"> <li>• <b>on Celiac disease, Lactose Intolerance, peptic ulcer*</b></li> </ul>
<b>Unit 4: Food Safety and Quality Control</b>	<b>4.1 Food Hazards</b> (physical, chemical, biological) Food borne Diseases: Cholera, Typhoid, Salmonellosis	<b>Session:</b> Learning about the different types of food hazards. <ul style="list-style-type: none"> <li>• Concept, Causes and preventive measures of Food borne disease.</li> </ul>
	<b>4.2 Personal Hygiene</b>	<b>Session:</b> Understanding basic personal hygiene practices.
	<b>4.3 Food Hygiene and Sanitation and Environmental Sanitation and Safety</b> (Water supply, Waste Disposal) at home level.	<b>Session:</b> Assimilating knowledge about the different kinds of Food Hygiene and Sanitation practices.
	<b>4.4 Food Adulteration: *</b>	<b>Practical:</b> <ul style="list-style-type: none"> <li>• <b>Concept/Definition as given by FSSAI, Common adulterants present in foods (cereals, pulses, milk and milk products, fats and oils, sugar, honey, spices and condiments), Ill effect of adulterants (metanil yellow, argemone, kesari dal) on human health common methods for detecting adulteration at home)*</b></li> </ul>
	<b>4.5 FSSAI Act 2006</b>	<b>Session:</b> Assimilating knowledge about the different kinds of Symbiotic tourism products
	<b>4.6 Food labels with reference to food products*</b>	<b>Practical:</b> <ul style="list-style-type: none"> <li>• <b>Reading and Understanding Food labels with reference to food product*</b></li> </ul>
	<b>4.7 HFSS Foods and their implications for child health*</b>	<b>Project: Create a project</b> <ul style="list-style-type: none"> <li>• <b>outline and Conduct extensive research on HFSS Foods*</b></li> </ul>

**Note : To be assessed in Practical only. No question shall be asked from this portion in Theory Exams)**