

TEACHING PLAN

Advance Diploma in Public Health – 1st Semester (2019-20)

ADPH-SI-02 Health and Nutrition

Teacher: Mr. Suman Rana

S.No	Day	Teaching Plan
1.	Monday (02/09/2019)	<ul style="list-style-type: none">• Unit – I Topic: Foundation of Public Health Nutrition• Source:• Stein, N. (2014). Introduction to Public Health Nutrition in <i>Public Health Nutrition</i>. Jones & Bartlett Publishers.• Nnakwe, N. (2017). <i>Community Nutrition</i>. Jones & Bartlett Learning.• Mason, John B. (1999). The aims and content of public nutrition. <i>Food and Nutrition Bulletin</i>. Vol. 20. No. 3.• Park, K. (2019). Nutrition and Health in <i>Park's textbook of preventive and social medicine</i>.
2.	Tuesday – Tutorial (03/09/2019)	<ul style="list-style-type: none">• Doubt clarification if any on the previous topics.• Group discussion.
3.	Thursday (05/09/2019)	<ul style="list-style-type: none">• Topic: Principles of Human Nutrition – Relationship between nutrition, health & disease• Source:• Park, K. (2019). Concept of Health and Disease in <i>Park's textbook of preventive and social medicine</i>.• Eastwood, M. A. (2013). <i>Principles of human nutrition</i>. Springer.• Farhadi, S., & Ovchinnikov, R. S. (2018). The relationship between nutrition and infectious diseases: A review. <i>Biomedical and Biotechnology Research Journal (BBRJ)</i>, 2(3), 168.
4.	Thursday (12/09/2019)	<ul style="list-style-type: none">• Topic: Principles of human nutrition – Food hygiene,

		<p>Nutritive Value</p> <ul style="list-style-type: none"> • Source: • Park, K. (2019). Nutrition and Health in <i>Park's textbook of preventive and social medicine</i>. • Lean, M. E. (2019). Principles of human nutrition. <i>Medicine</i>.
5.	Monday (16/09/2019)	<ul style="list-style-type: none"> • Topic: Balanced Diet, Role of Public Health Nutritionist in National Development • Source: • Park, K. (2019). Nutrition and Health in <i>Park's textbook of preventive and social medicine</i>. • National Institute of Nutrition. (2011). Dietary Guidelines for Indian – A Manual, <i>Indian Council of Medical Research</i>, Hyderabad.
6.	Tuesday – Tutorial (17/09/2019)	<ul style="list-style-type: none"> • Doubt clarification if any on the previous topics. • Group discussion.
7.	Thursday (19/09/2019)	<ul style="list-style-type: none"> • Unit – II Topic: Recommended Dietary Allowances • Source: • Park, K. (2019). Nutrition and Health in <i>Park's textbook of preventive and social medicine</i>. • National Institute of Nutrition. (2011). Dietary Guidelines for Indian – A Manual, <i>Indian Council of Medical Research</i>, Hyderabad.
8.	Monday (23/09/2019)	<ul style="list-style-type: none"> • Topic: Assessment of Nutritional Status: Direct Method and Indirect method • Source: • Park, K. (2019). Nutrition and Health in <i>Park's textbook of preventive and social medicine</i>.
9.	Tuesday – Tutorial (24/09/2019)	<ul style="list-style-type: none"> • Doubt clarification if any on the previous topics. • Group discussion.

10.	Thursday (26/09/2019)	<ul style="list-style-type: none"> • Topic:Nutritional Surveillance & growth monitoring • Source: • Park, K. (2019). Nutrition and Health in<i>Park's textbook of preventive and social medicine.</i>
11.	Monday (30/09/2019)	<ul style="list-style-type: none"> • Topic:National Nutrition Policy and Program. • Source: • Kapil, U., Chaturvedi, S., & Nayar, D. (1992). National nutrition supplementation programmes. <i>Indian Pediatr</i>, 29(12), 1601-13. • Park, K. (2019). Nutrition and Health in<i>Park's textbook of preventive and social medicine.</i>
12.	Internship – 01/10/2019 to 30/10/2019	
13.	Monday (04/11/2019)	<ul style="list-style-type: none"> • Unit III - Topics:Aetiology, Public health implications and Prevention Strategies for: PEM/CED, Vitamin A Deficiency, Nutritional Anemia • Source: • Park, K. (2019). Nutrition and Health in<i>Park's textbook of preventive and social medicine.</i>
14.	Tuesday – Tutorial (05/11/2019)	<ul style="list-style-type: none"> • Doubt clarification if any on the previous topics. • Group discussion.
15.	Thursday (07/11/2019)	<ul style="list-style-type: none"> • Topic:Iodine Deficiency disorder, Vitamin D deficiency and Osteoporosis, Zinc Deficiency • Source: • Park, K. (2019). Nutrition and Health in<i>Park's textbook of preventive and social medicine.</i>
16.	Monday (11/11/2019)	<ul style="list-style-type: none"> • Topic:Public Health Implications and Preventive Strategies for: Obesity • Source: • Park, K. (2019). Nutrition and Health in<i>Park's textbook of preventive and social medicine.</i>

17.	Thursday (14/11/2019)	<ul style="list-style-type: none"> • Topic:Hypertension, Coronary Heart disease, Diabetes • Source: • Park, K. (2019). Nutrition and Health in<i>Park's textbook of preventive and social medicine.</i>
18.	Monday (18/11/2019)	<ul style="list-style-type: none"> • Topic:Cancer and Dental Health • Source: • Park, K. (2019). Nutrition and Health in<i>Park's textbook of preventive and social medicine.</i>
19.	Tuesday – Tutorial (19/11/2019)	<ul style="list-style-type: none"> • Doubt clarification if any on the previous topics. • Group discussion.
20.	Thursday (21/11/2019)	<ul style="list-style-type: none"> • Topic:Public Health Aspects of HIV/AIDS • Source: • Park, K. (2019). Nutrition and Health in<i>Park's textbook of preventive and social medicine.</i>
21.	Monday (25/11/2019)	<ul style="list-style-type: none"> • Topic:Food toxicants, food addition • Source: • Park, K. (2019). Nutrition and Health in<i>Park's textbook of preventive and social medicine.</i>
22.	Tuesday – Tutorial (26/11/2019)	<ul style="list-style-type: none"> • Doubt clarification if any on the previous topics. • Group discussion.
23.	Thursday (28/11/2019)	<ul style="list-style-type: none"> • Topic:Food fortification, food adulteration • Source: • Park, K. (2019). Nutrition and Health in<i>Park's textbook of preventive and social medicine.</i>