

1. Introduction to Nutrition

- Definition of nutrition
- Importance of nutrition in health and disease
- Basic principles of nutrition
- Role of a nurse in promoting nutrition

2. Basic Nutrients and Their Functions

- Carbohydrates – types, functions, and sources
- Proteins – types, functions, and sources
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Fats – types, functions, and sources

- Vitamins – water-soluble and fat-soluble vitamins, their functions, and sources
- Minerals – essential minerals, functions, and sources
- Water – role and importance in the body

3. Nutritional Requirements at Different Life Stages

- Nutritional needs during infancy, childhood, adolescence, adulthood, pregnancy, and old age
- Changes in dietary needs due to physiological conditions (e.g., pregnancy, lactation)
- Special dietary needs for children, elderly, and people with specific conditions

4. Balanced Diet

- Definition and components of a balanced diet
- Energy requirements and calculating calorie intake
- Planning a balanced diet for individuals and families
- Nutrient deficiencies and the importance of a balanced diet

5. Food Groups and Their Role

- Classification of foods into food groups (carbohydrates, proteins, fats, vitamins, and minerals)
- Recommended daily intake of different food groups
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Food pyramid and its significance in diet planning

6. Digestion and Absorption

- Process of digestion and absorption of nutrients in the body
- Enzymes and hormones involved in digestion
- Factors affecting digestion and absorption

7. Malnutrition and Its Effects

- Types of malnutrition – undernutrition, overnutrition, and specific nutrient deficiencies
- Causes and effects of malnutrition on health
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Prevention and management of malnutrition in different populations

8. Nutrition in Health and Disease

- Role of nutrition in preventing common diseases (e.g., diabetes, hypertension, heart disease)
- Nutrition in the management of chronic diseases
- Diet modifications for specific diseases (e.g., low-sodium diet for hypertension, diabetic diet)

9. Food Safety and Hygiene

- Importance of food safety and hygiene in nutrition
- Prevention of foodborne diseases
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Safe food handling, storage, and cooking practices

10. Dietetics and Nutrition Counseling

- Principles of dietetics and meal planning
- Counseling techniques for promoting healthy eating habits
- Educating patients and families on proper nutrition and healthy lifestyles