



GOVERNMENT OF TAMIL NADU

HIGHER SECONDARY SECOND YEAR

NUTRITION AND DIETETICS

A publication under Free Textbook Programme of Government of Tamil Nadu

Department of School Education

Untouchability is Inhuman and a Crime

Government of Tamil Nadu

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NOT FOR SALE

Content Creation



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Introduction	The subject to be discussed in the lesson is introduced
Text Book	This text book provides a tiny spark of information that ignites a mighty flame of knowledge in children.
 Message Box	Gives information in short and crisp form and definitions also
 Do You Know?	Provides additional information related to the subject in boxes to stir up the curiosity of students
 Activity	For self-study and self evaluation
 QR Code	Given to make content more interesting and dynamic in nature to enhance the thinking skills
 ICT Corner	The access to digital resources on the content through a series of linkage in a specialised app. This provides scope for students things which are inaccessible to them
Summary	Describes the main points briefly in bullets for recapitulation
 Glossary	The highlighted key terms at the end of the lesson for conceptual clarity
 Reference	References and web resources have been provided for getting additional information





Career Guidance



Professional Courses

MB.B.S BDS
B.Sc Agri BNYS
B.Pharm
B.Sc Nursing
B.Sc Physiotherapy
B.VSc

Degree Courses

- 1.B.Sc Nutrition Foods Service Management and Dietetics
- 2.B.Sc Clinical Nutrition and Dietetics
- 3.B.Sc Interior Design and Decoration

Science Based

B.Sc . Physics
B.Sc . Chemistry
B.Sc . Botany
B.Sc . Zoology
B.Sc . Bio informatics
B.Sc . Psychology



Diplomo Courses

- 1.Nutrition and Health Education
- 2.Nutrition and Dietetics
- 3.Food Science and Nutrition
- 4.Interior Design
- 5.Lab Technician

Arts Based

B.A . Tamil
B.A . English
B.A . Tourism
B.A . Visual
B.A . Journalism

Higher Studies

M.Sc - Foods and Nutrition
M.Sc- Food Service Management and Dietetics
M.S.W - Master of Socialwork
B.Ed - Bachelors of Education
M.Phil & Phd

CONTENT

NUTRITION AND DIETETICS

No.	Unit Title	Page No.	Month
UNIT 1	Recommended dietary allowances and meal planning	01-19	June
UNIT 2	Nutrition in pregnancy , lactation and infancy.	20-43	July
UNIT 3	Nutrition during pre school, school age and adolescence.	44-70	July
UNIT 4	Nutrition in adulthood and old age	71-81	August
UNIT 5	Therapeutic diets.	82-96	August
UNIT 6	Diet in fever	97-109	September
UNIT 7	Diet in obesity and underweight	110-122	September
UNIT 8	Diet in gastro – intestinal and liver disorder	123-141	October
UNIT 9	Diet in diabetes mellitus	142-160	October
UNIT 10	Diet in kidney diseases	161-174	November
UNIT 11	Nutrition in hypertension and cardio-vascular diseases	175-190	November
UNIT 12	Nutrition in cancer	191-204	December
	Nutrition & Dietetics - Practical	205-229	
	Glossary	230-231	
	References	232-233	



E-Book



Assessment



DIGI Links



Nutrition and Dietetics Theory