



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

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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 mightly flame of knowledge in children.		
Message Box	Gives information in short and crisp form and definitions als		
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		
A-Z 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		



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How to use.indd 1





Professional Courses

MB.B.S BDS B.Sc Agri BNYS

B.Pharm

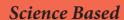
B.Sc Nursing

B.Sc Physiotheraphy

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



B.Sc. Physics

B.Sc . Chemistry

B.Sc. Botany

B.Sc . Zoology

B.Sc . Bio informatics

B.Sc . Psychology



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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 Servise Management and Dietetics

M.S.W - Master of Socialwork

B.Ed - Bachelors of Education M.Phil & Phd







NUTRITION AND DIETETICS

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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
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UNIT 11	Nutrition in hypertension and cardio-vascular diseases	175-190	November
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E-Book



Assessment



DIGI Links



Nutrition and Dietetics Theory