

MALLA REDDY UNIVERSITY
SCHOOL OF ALLIED HEALTH SCIENCES
DEPARTMENT OF CLINICAL NUTRITION, DIETETICS AND FOOD SCIENCE

Clinical Nutrition, Dietetics and Food Science Lab

The college has a well-equipped nutrition lab to provide practical knowledge of how to plan diet keeping in mind the patient needs and requirements. The students are taught to plan the menu scientifically, based on the calorific value of the food materials which will serve a purpose to understand basic principles in diet planning and counselling in their future professions. Nutrition laboratory becomes a place where not only healthy eating is promoted, but also, through creative and fun culinary activities, it provides students the opportunity to learn about proper food preparation, food safety, servings, and correct association of food in menus.

AIM

To Facilitate the IDA, ICMR, ESPEN recommended requirements to the undergraduate & Post graduate students & Provide an ideal environment to correlate theory with practice.

OBJECTIVES:

- To describe the relationship between nutrition and health.
- To describe the classification, functions, sources and recommended daily allowance of all Nutrients (CHO, Proteins, Fats, Vitamins, Minerals etc)
- To describe the sources, Functions, and requirements of water and electrolytes.
- To prepare various types of diets eg: Bland diet, fluid diet, diabetic diet, cardiac diet etc.
- To prepare different types of normal and therapeutic diet according to principles of food preparation.
- To use a variety of cooking techniques in the preparation of meal.
- To prepare food under safe and proper sanitary conditions.
- To use nutrition knowledge to prepare meal according to individual needs.
- To work individually and in group in a well-organized and cooperative manner.

ACTIVITIES:

- To introduce students about Cookery rules and Preservation of nutrients.
- To prepare and serve simple beverages and different types of foods.
- To teach students about principles, methods of cooking and serving.
- To help students to plan menu with RDA calculation for different categories of patients
- To help students calculate and analyze nutritional supply of different food preparations



Inauguration of Nutrition Laboratory on 23-07-2022 by Shri Ch. Malla Reddy Garu for the Department Clinical Nutrition, dietetics and food science, School of Allied Health Science



Clinical Nutrition, dietetics and food science undergraduates during practical hour



Clinical Nutrition, dietetics and food science undergraduates with Dr. K N Sudha Ramana, Director, SOAHS