

**SGRR UNIVERSITY COLLEGE OF NURSING
PATEL NAGAR, DEHRADUN.
NUTRITION LAB**

INTRODUCTION

Nutrition lab is equipped and well furnished with utensils and nutrition charts . It is well ventilated , lighting and adequate water facilities . The students are imparted knowledge to assess the nutrition needs , caloric requirement of different age groups and during various disease conditions.

AIMS

- To acquire knowledge of nutrition for maintenance of optimum health at different stages of life and its application for practice of nutrition.
- To plan the menu of the normal being as well as clients with different ailments in the health care settings.

OBJECTIVES

- To describe the relationship between nutrition and health .
- To describe the classification , functions sources and recommended daily allowance of all nutrients (carbohydrates , proteins , fats , vitamins , minerals.
- To describe the sources , functions and requirements of water and electrolytes.
- To prepare various types of diet .
- 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.



