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Theory

Nutrition: Basics, Introduction, Conditions and Interventions. Preconception nutrition. Nutrition during pregnancy and lactation, infant, toddler and pre-schooler nutrition. Child and pre-adolescent nutrition: adolescent nutrition, adult nutrition, nutrition and the elderly, nutrition, nutrients intake of adults.

Books Recommended

1. Brown, J.E. 2005. Nutrition through the life cycle. 2nd Ed. Wadsworth; Thomson Learning, Inc. USA.
2. Geissler, C.A and Hilary, J.P. (eds). 2005. Human Nutrition. 11th Ed. Churchill Livingstone. USA.
3. Mann, J. and Stewart, T.A. (eds). 2002. Essentials of Human Nutrition. 2 Ed. Oxford University Press. UK.

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