

ALLAMA IQBAL OPEN UNIVERSITY, ISLAMABAD
(Department of Home & Health Sciences)

Course: Modern Nutrition in Health and Disease-II (1782)
Level: Post Graduate

Semester: Spring, 2014
Credit Hours: 3(2+1)

CONTENTLIST

Following items are included in the study pack.

1. Course Book (Unit 1-9)
2. Theory Assignments One
3. Research based Assignment One
4. Assignment's Forms 02 sets
5. Schedule for submitting the assignments & tutorial meeting.

Note: If any item from the above-mentioned content list is missing from your study pack kindly contact:

The Mailing Officer
Mailing Section
Services & Operational Unit
AIOU, H-8, Islamabad.
Phone: 051-9057611-12

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Warning

1. Plagiarism or hiring of other writer(s) for solving the assignment will debar the student from award of Degree/Certificate, if found at any stage.
2. Submitting assignments borrowed or stolen from other(s) as one's own will be penalized as defined in 'AIOU Plagiarism Policy'.

Course: Modern Nutrition in Health and Disease-II (1782)
Level: Post Graduate
Total Marks: 100

Credit Hours: 3(2+1)
Semester: Spring 2014
Pass Marks: 50

ASSIGNMENT: 1
Unit (1-9)

Note: All questions are compulsory. Distribution of marks is given against each question.

Q. 1 Write short notes on the following. (5+5+5+5=20)

- i. Principles of DASH
- ii. Foundations of a Healthy Diet
- iii. Nutrition and Mental Health
- iv. Management of Malabsorption Syndrome

Q. 2 a) Explain the genetic and nutrient regulation of lipoprotein metabolism with the help of schematic diagram. (8)

b) Discuss the prevention of Coronary Heart Diseases and associated risk factors with special reference to Pakistani population. (8)

Q. 3 a) Discuss the factors responsible for peptic ulcer. (6)

b) Mrs. Salman is working as a manager in a mobile company. She is having a strenuous activity to cope with the needs of the job. Her Height is 5 feet two

inches; weight is 98 lbs and lost her weight about 12-lbs in the last six months. Estimate her daily energy needs using the Harris Benedict Equation and plan a day's menu for her keeping in view her activity level and physiological requirements. (10)

- Q. 4 Explain the molecular basis of Carcinogenesis. Critically analyze the International and National researches from (2008-2014) related to cancers. Identify the risk factors of cancers and new interventions for their preventions. (16)
- Q. 5 Adolescence is a transitional stage of physical and psychological human development. Discuss their nutritional needs in terms of macro and micro nutrients. (16)
- Q. 6 Enumerate the fundamentals of immunology? Discuss the effect of nutritional deficiencies on immune responses. (16)

ASSIGNMENT No. 2

Total Marks: 100

Pass Marks: 50

Instructions

1. T
his assignment is of research based nature, you have to prepare/submit a research report on the selected topic in the workshop prior to the final examination.
2. T
he workshop component is mandatory for all the students, schedule of the workshop will be forwarded to you later by the host region.
3. Y
ou have to select any one among the given topics for preparation of this assignment but make sure that the topic relates to the place/province of your residence. This will help you to conduct survey/observation related to your own community.
4. T
he student is supposed to present and discuss this assignment in the presence of resource person and the coursemates in the workshop, therefore transparencies, posters or any other illustrative material for effective presentation will be encouraged.
5. Y
ou are advised to review the literature according to the selected topic. If you need any guidance you may contact your tutor or the department of Home and Health Sciences A.I.O.U Islamabad.
6. M
inimum number of respondents/subject to be included in the study must not be less than fifty.
7. Y
our research report should include following main headings:

a)	opic of the study.	T
b)	ntroduction to the topic selected for research.	I
c)	eview of literature on the subject both at national/international level.	R
d)	ecommendations.	R
e)	onclusion.	C
f)	eference/Bibliography.	R
g)	nnexure.	A

8. Prepare three copies of this assignment one for yourself, second for the tutor and the third may be sent to the Department of Home and Health Sciences A.I.O.U for record and future reference.

Topics for Research

Note: To avoid duplication, each student is advised to select different topic and should be approved by their tutor.

1. “Diet Related to Non Communicable Diseases and Malnutrition in Pakistan” Consult different National and International research articles (from 2008-2014) and develop a review paper in chronological order.
2. The risk of under nutrition is increased in elderly patients due to their decreased lean body mass and too many other factors that may compromise nutrient and fluid intake. Search for the researches on given issue from data bases of last 5 years. Develop a comprehensive report based on national and international researches.
3. Critically analyze the International and National researches from (2008-2014) related to nutrient and dental health. Identify the risk factors and new interventions for their prevention.
4. Develop a review based on the role of diet and nutrition in arthritis in the light of National and International researches from 2010 up till now.

5. Compile a review based on the effects of Dietary Oxidized Oils on immune system in the light of National and International researches from 2005 up till now.

Modern Nutrition in Health & Disease-II
M.S Community Health and Nutrition

COURSE OUTLINE

Course Code 1782

Credit Hours: 3(2+1)

Unit 1 Prevention of Cardiovascular Diseases

Nutrient and Genetic Regulation of Lipoprotein Metabolism, Nutrition in the Prevention of Disorders of Serum Lipids and Lipoproteins and Congestive Heart Failure.

Unit 2 Prevention of Hypertension

Blood Pressure Regulation, How Hypertension Develops? Risk Factors for Hypertension, Recommendations for Reducing Hypertension Risk.

Unit 3 Disorders of the Alimentary Tract

Nutrition and Dental Health, The Esophagus and Stomach, Assessment of Malabsorption, Diet in Disorders of Gastrointestinal Tract.

Unit 4 Prevention of Cancer

Molecular Basis of Carcinogenesis, Epidemiology of Diet and Cancer Risk, Chemoprevention of Cancer.

Unit 5 Prevention of Skeletal and Joint Disorders

Bone Biology in Health and Disease, Nutrition and Diet in Arthritis, Osteoporosis.

Unit 6 Immunology and Nutrition

Effects of Malnutrition on Immune Responses, Effects of B-Complex Vitamins on the Immune Response, Effects of Dietary Oxidized Oils, Interaction of Nutrition and Infection.

Unit 7 Diet and Nutrition in Health of Populations

Foundations of a Healthy Diet, Nutritional Implications of Different Types of Diets, Dietary Reference Intakes: Rationale and Applications.

Unit 8 Nutritional Needs of Population Sub Groups-I

Dietary recommendations for adults, Diet in infancy, childhood and Adolescence.

Unit 9 Nutritional Needs of Population Sub Groups-II

Nutrition and Older People, Nutrition, Culture and Ethnicity, Nutrition and Mental Health, Nutrition for People with Learning Disabilities.