



# Institute of Home Science University of Kashmir

Hazratbal Srinagar-190006-(Kashmir) J&K

[NAAC Accredited Grade A+].



## Dietetics and Clinical Nutrition

Utilize knowledge from the physical and biological sciences as a base for understanding the role of food and nutrients in health disease processes. Provide nutrition counselling and education to individuals, groups and communities throughout the lifespan using a variety of communication strategies. Evaluate nutrition information based on scientific reasoning for clinical, community, and food service application. Apply technical skills, knowledge of health behaviour, clinical judgment, and decision-making skills when assessing and evaluating the nutritional status of individuals and communities and their response to nutrition intervention. Implement strategies for food access, procurement, preparation, and safety for individuals, families, and communities. Perform food management functions in business, health-care, community and institutional arenas. Practice state-of-the-art nutrition care in collaboration with other health-care providers in interdisciplinary settings within the bounds of ethical, legal and professional practice standards. Provide culturally competent nutrition services for individuals and communities. Accurately interpret data and research literature to solve complex problems. Critically evaluate information on food science and nutrition issues appearing in the popular press. Analyze the environmental dimensions of issues facing professionals. Demonstrate creativity in the discipline in ways that have practical benefits. Competence in the skills of assessment, planning, management and evaluation of food service, nutrition and dietetic services in institutional food, community nutrition, and clinical dietetics settings. Students will utilize advanced principles of health literacy, including critical thinking skills, literature searches, data collection and interpretation, necessary for the implementation of food and nutrition services in professional settings. The course equips students with ability to manage a healthy society and country. This goes a long way in progress of entire nation and thus world. Students can work at both national and international level after completion of higher studies in this course. The course gives an opportunity to willing students to establish an enterprise of their own in health and food sectors.