

**NUTRITION: HUMAN NUTRITION, PUBLIC HEALTH NUTRITION, MOTHER AND  
CHILD NUTRITION  
ENTRANCE EXAM SYLLABUS FOR CANDIDATES – DECEMBER 2021**

**PAPER I: GENERAL PAPER**

**(Short answer Questions)**

Basic research methodology, statistics, general biology and nutrition

**PAPER II: SUBJECT-SPECIFIC**

**Human Nutrition, Public Health Nutrition, Mother and child  
nutrition**

**(Short answer Questions)**

**The subject specific syllabus is provided below**

**1. Nutrition through life cycle**

Growth and development from conception to elderly

Nutritional needs and dietary guidelines for adequate nutrition throughout the life cycle

Methods for assessing nutritional requirements

Factors affecting the nutritional requirements

Metabolic changes and NCD in adolescent girls and women of reproductive age

**2. Carbohydrates, Proteins, Lipids**

Classification/Types

Metabolism, Utilization & Absorption

Functions

**3. Water**

Compartments of body water and water balance

Disturbances of water balance

**4. Micronutrients**

Sources, Functions

Requirements, Absorption, Utilization, Bioavailability and Toxicity

**5. Energy**

Computing energy expenditure and energy balance

Estimation of energy requirements

Factors affecting Energy expenditure & requirement

**6. Nutritional Assessment**

Methods of nutritional assessment

Growth standards

Impact of altered nutrition on growth & development

Changes in body composition through lifecycle

Techniques in the assessment of body composition

**7. Morbidity during pregnancy and infancy**

Aetiology, pathophysiology of clinical morbid conditions such as PIH / GDM etc  
Nutritional requirements and nutritional therapy plan

**8. Importance of Intervention and fortification in India**

Understanding composition, quality, and safety of foods and properties of food ingredients  
Overview of RDA / EAR for macro- and micronutrient requirements (for population, & vulnerable groups: pregnant women, infants and children, adolescent, and geriatrics)

**9. Public health policy and practice**

National policies and guidelines in India (specific population: adolescent, infants and under-5 years, pregnant women, elderly etc)  
Evaluation, implementation & continuation strategies