



# **Advance Master Class in PAEDIATRIC NUTRITION**

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# ABOUT NUTRI WORLD

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Nutri World, established in 2017 by Dietitian Dipanwita Saha, is a renowned Sole Proprietorship Nutrition Education and Consultancy business based in India. Certified by IAF, ISO, MSME, and TRADEMARKED, Nutri World has educated over 20,000 students globally, offering a range of nutritional courses and diet consultancy services. With a dedicated team of 25 Nutrition Faculties and 10 Clinical Dietitians, the organization works internationally, serving countries like Bangladesh, the UK, USA, Netherlands, Nigeria, and the Philippines. Nutri World aims to promote nutrition education, raise awareness for healthy lifestyles, and become a leading platform for education and diet-related services in India.





## **Founder & Director** **DIPANWITA SAHA**

**Clinical Dietitian & Nutripreneur M.Sc. (Clinical Nutrition & Dietetics), | PGD (Food Technology) | Certified Diabetes Educator | Certified Oncology Dietitian | Associated with Kolkata Heart Foundation as a Consultant Dietitian| Consultant Dietitian at Suraksha Polyclinic | Sr. Nutritionist at Hiya Heart Clinic | Sr. International Nutri Educator at 20 Minutes Medical, Bangladesh| Life Member of Indian Association of Parenteral & Enteral Nutrition | Bengali Book Writer - "Aapnar Shoreer Bolchhi"**

### **Achievement**

- The Real Super Woman Award, 2022 by by Forever Star India
- India's Top Ideal Woman Award 2023, Presented by Femmetimes India - Category- Woman Healthpreneur & Also Featuring of Entrepreneur Journey on Femmetimes Magazine
- Star Woman of the Year-2023 Presented by India Star Community-Category- Young Dietitian
- International Diabetes Educator Excellence Award 2023 by USV & NDEP
- Bengal Leadership Award Holder 2024 by Today's Story
- Bengal Icon Award Holder 2024 by Today's Story

# ABOUT COURSE

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The Pediatric Nutrition Masterclass from Nutri World offers a comprehensive overview of pediatric nutrition, focusing on the dietary needs and challenges faced by children from infancy to adolescence. The course covers essential topics, including growth and development, infant and child feeding practices, nutritional assessment, and managing common pediatric nutrition issues such as malnutrition, obesity, allergies, and feeding disorders.

Participants will gain practical knowledge on designing age appropriate diets, implementing nutrition interventions, and understanding the role of nutrition in childhood development. This masterclass is ideal for nutrition students, dietitians, and healthcare professionals looking to deepen their understanding of pediatric nutrition and enhance their skills in this specialized area.



# COURSE DETAILS

**DURATION:**

3 Months

**FORMAT LIVE  
ONLINE CLASSES:**

1 Hour classes conducted on the Google Meet Platform

**DATE & TIME:**

Every week 2days (Class Day & Time shedule after completing the admission process.)

**ELIGIBILITY :**

Bsc in Nutrition(HONOURS) OR Msc in Nutrition  
Pursuing or Passed out(Dietitians/Nutritionist)

**EXAMINATION:**

F.M : 50 Marks- MCQ Type Google Form Exam (Pass  
Marks will 70% in total will be needed to qualify in exam)

**CERTIFICATION:**

Provide E-Certification (ISO Registered Certification)

## SPECIAL FEATURES:

- 1) Recorded Classes will be provided after every class
- 2) Exclusive soft copy study materials will be provided

# COURSE SYLLABUS

## MODULE 1: INTRODUCTION TO CHILD NUTRITION

- Understanding the importance of child nutrition
- Child development stages and nutritional needs
- Factors influencing child eating behaviors Nutritional challenges in different age groups.
- Nutrients Essential for Child Growth (Role of Macro & Micro
- Nutrients in child growth & Development)
- Nutrient source and recommended daily intake for children

## MODULE 2: DIETARY CALCULATION & MENU SPLITTING TECHNIQUES

- BMI Calculation according to children height, weight
- Calorie Counting & Personal Diet Chart Making

## MODULE 3: NUTRITION EDUCATION AND CHILD & PARENTS AND CARGIVERS

- Promoting healthy eating behaviors in children
- Addressing misinformation and fad diets
- Developing practical meal plans for families
- Child Diet-Psycho Counseling

## MODULE 4: INFANT NUTRITION

- Breastfeeding vs. formula feeding: Benefits and challenges
- Introducing solid foods: When and how
- Nutritional needs during the first year of life
- Common feeding difficulties and solutions

## MODULE 5: TODDLER & PRESCHOOLER NUTRITION

- Transition to family foods Portion sizes and meal frequency
- Nutritional requirements for active toddlers
- Strategies for dealing with picky eating



# COURSE SYLLABUS

## MODULE 6: SCHOOL-AGE CHILDREN NUTRITION

- Balanced school lunches and snacks
- Healthy eating habits and food choices
- Nutritional needs during growth spurts
- Teaching children about nutrition and making informed choices

## MODULE 7: ADOLESCENT NUTRITION

- Nutritional needs during puberty
- Role of nutrition in cognitive development
- Addressing body image and dietary concerns
- Balanced diets for active adolescents

## MODULE 8: SPECIAL DIETARY CONSIDERATIONS

- Allergies and intolerances
- Vegetarian and vegan diets for children
- Managing childhood obesity and under-nutrition
- Managing Childhood Immune system related Dietary Management
- Strategies for accommodating diverse dietary needs

## MODULE 9: DISEASE SPECIFIC DIETARY MANAGEMENT

- Type 1 Diabetes Mellitus Management
- Gastrointestinal Disorders Management
- Inborn Error Disorders Management

## MODULE 10: PRACTICAL COOKING AND MEAL PLANNING

- Cooking techniques for child-friendly meals
- Creating balanced and nutritious meal plan
- Cooking with children and involving them in food preparation
- Adapting recipes to meet nutritional needs

### Special Guidance:

- Discussion on Commercial Supplementary Health Drinks
- Case study Discussion



# OUR INSTRUCTORS



## **Shouli Basak**

**M.SC. in Food & Nutrition**  
**Consultant Nutritionist and Health Coach at Sugar.Fit**  
**Senior Nutrition Faculty, Nutri World**  
**7 years over Experience**

## **Deblina Chatterjee Basak**

**M.SC in Food Processing & Nutrition Science**  
**PGD in Diabetes Educator**  
**Clinical Dietitian & Nutritionist**  
**PhD Scholar at SVU**  
**12 years over Experience**



## **Dipanwita Saha**

**M.Sc. in Dietetics & Food Service Management**  
**PGD in Food Technology**  
**Certified Diabetes Educator**  
**Certified Oncology Dietitian**  
**Founder of Nutri World**  
**6 years over Experience**



# ADMISSION PROCESS & FEES STRUCTURE

**Register Now**

(Click the link & fill up the admission form)

Nutri World®

**FEES STRUCTURE**

**FOR 3 MONTHS**

**₹3000/-**

(After enrolment fee cannot be refunded at any circumstances )

# DISCLAIMER

This training program/course is not designed to qualify participants as dietitians or to use the title of a dietitian. Becoming a legitimate dietitian or nutritionist requires a minimum of five years of formal education at a recognized college or university. This typically includes pursuing advanced degrees such as a Master's in Food & Nutrition, Food Science, or Dietetics, complemented by a practical internship in a hospital setting. Additionally, it is advisable to pass the national Registered Dietitian (RD) examination to achieve professional recognition in this field. Please note that our program does not support or advocate for short-term crash courses that claim to certify individuals as dietitians in an unrealistic timeframe. Our aim is to provide foundational knowledge and skills, not to replace the extensive education and certification required for dietetics professionals.

## Contact Details

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