

CORE COURSE V : FAMILY AND COMMUNITY NUTRITION

Objectives

To enable the students to

1. Understand the role of nutrition in different stages of life cycle.
2. Gain experience in planning menu for different stages.
3. Develop skills in organizing and evaluating nutrition projects in the community.
4. Gain knowledge about the method of assessment of nutritional status of a community.

UNIT – I

- a. Nutrition In Pregnancy : Physiology changes in pregnancy, nutritional allowances and complications of pregnancy. Menu planning and diet in pregnancy for low middle and high income groups.
- b. Nutrition In Lactation : Lactation in relation to the growth and health of infants. Nutritional requirements of nursing mothers. Menu planning and diet for nursing mother of low, middle and high income groups.
- c. Nutrition in Infancy : Growth and development of the infant, Nutritional requirements of the infants, Composition of breast milk and Cow's milk, superiority of human milk over Cow's milk an weaning and supplementary food suitable for infants.
- d. Nutrition in Pre-school age : Growth and development of pre-school children, Food habits and diet for the pre-school children and importance of supplementary foods.
- e. Nutrition during school age : Growth and development, foods habits and diet for the school child.

Nutrition in adolescences : Physical an Physiological changes and Nutritional allowances for the adolescent, Nutrition for the adult.

Nutrition for the aged : Socio economic and Physiological factors influencing the diet for an old person.

UNIT – II

- Prevalence of malnutrition and strategies to overcome malnutrition
- Definition of community and family.
- Definition and explanation malnutrition, under Nutrition, optimum Nutrition and over Nutrition.
- Ecology of malnutrition – Dictary pattern food and nutrient intake, food lose, customs, food fads and faculty food habits, prejudices and ignorance of malnutrition.
- Interaction between Nutrition and infection.

- Prevalence of malnutrition in India Anaemic, PEM, Vitamin A deficiency, B-Complex, iodine, dental caries etiology, signs and symptoms and control.
- Measures to overcome malnutrition.

UNIT – III

- Role of National and International Organization of Combat Malnutrition.
- Contribution of International Organization – CARE, WHO, FAO, UNICEF.
- Nutrition Intervention Programme in India – ANP, SNP, KDS, Noon meal scheme, MSNP and Balwadi feeding programme.

UNIT – IV

- Assessment of the Nutritional Status of the Different Age Group in the Community.
- Methods available for the assessment of Nutritional status of an individual and a community.

UNIT – V

- Nutrition Education for the Community.
- Meaning, nature and importance of Nutrition Education to the community.
- Principles of Planning, executing and evaluating Nutrition Education programmes.
- Problems of Nutrition Education programmes.

Reference Books

1. Margaret Mc.Williams, “Food Fundamentals” John Wiley and Sons, London, 1974.
2. Gopalan, C. and Balasubramanian, B.C. Diet Atlas of India, NIN, Hyderabad, 1971.
3. Gopalan, C. Ramasastry, B.V. and Balasubramanian, S.C. Nutritive value of Indian foods, NIN, Hyderabad, 1976.
4. Swaminathan, M. Essentials of Food and Nutrition Vol.I & II BAPPCO., The Bangalore Printing and Publishing co., ltd., No.88, Mysore Road, Bangalore.
5. Robinson, Normal and therapeutic Nutrition.
6. Davidson, Sri Stanley Passmore, R and Brock, J.H. Heeman, Nutrition and Dietetics, F.f.s. Livingstons Ltd., Edinduragt London, 1973.
7. Mc.Laren, Nutrition in the community 1976.
8. Nutrition Atlas, NIN, Hyderabad.
9. Major, J.H. Human, Nutrition Springfield, 1972.