

ELECTIVE – I - COMMUNITY NUTRITION

Objectives :

To enable the students to

- Understand the basic concepts of nutrition
- Understand the nutritional problems of community
- Know the ongoing intervention programmes to overcome malnutrition in the community
- Acquire skills in conducting nutrition education.

UNIT I - Concepts of Nutrition

Definition of nutrition and health and their interrelationship. Balanced diet, basic principles of meal planning. ICMR Recommended Dietary Allowances for all age groups.

UNIT II - Assesment of Nutritional Status.

Anthropometric, Clinical, Biochemical and Dietary methods.

UNIT III - Nutritional problems in the community.

Importance of good nutrition, Prevalence, etiology and measures to overcome malnutrition – deficiency disorders – PEM, micro nutrient deficiencies (Vitamin A, nutritional anemia, IDD) ,over nutrition (obesity)- Prevalence, causes, complications and dietary guidelines.

Food Adulteration- Definition, adulterants in different foods ,their illeffects and detection(house hold level techniques).

Food standards - BIS, Agmark and food laws.

UNIT IV – Nutrition Programmes

National nutrition policy, intervention programmes to combat malnutrition, ICDS programmes, Mid day meal programme.

Role of International organizations – UNICEF, FAO, WHO.

UNIT V – Nutrition Education

Definition, need, principles and methods of nutrition education

Related experience :

1. Case study of Children with micronutrient deficiencies.
2. Study of two on-going nutritional programmes
3. Detection of adulterants in common food items

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15. Nutrition, National Institute of Nutrition, ICMR, India.