

COMMUNITY NUTRITION

UNIT – I CONCEPTS OF NUTRITION :

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

UNIT – II ASSESSMENT 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 ill effects 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.

REFERENCES :

1. Infant feeding difficulties, 4th Edition, 1977.
2. Venkatachalam P.S. and Rebellow, L.W., Nutrition for the mother and child, ICMR, Special Report, 1971.
3. Symposia of the Swedish Nutrition Foundation, III Cunnar Blix 1969 ;
4. Davidson, Sir Stanley, Passmore R. and Brock J.F. Human Nutrition and Dietetics, E. and S. Livingston Ltd., Edinburgh and London, 1973.

5. Jelliffe, D.B. Assessment of the Nutritional Status of the Community, WHO, Geneva, 1966.
6. Jelliffe, D.B. Infant in the subtropics and tropics, WHO Geneva, 1968.
7. Martin E.A. Roberts, Nutrition in Tamilnadu Sangam Publishers, 1972.
8. Devadas R.P. Nutrition in Tamilnadu Sangam Publishers, 1972.
9. Gopalan, C. Rama Sastri B.V. and Balasubramanian, Nutritive value of Health Indian Foods, National Institute of Nutrition KMR I. 1981.
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11. Vinodini Reddy, Phalhad Rao, Guminath Sastry, I and Kasinath. K.C.Nutrition trends in India. National Institute of Nutrition, Hyderabad, 1993.
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