

NUTRITION FOR THE FAMILY AND COMMUNITY

OBJECTIVES:

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

UNIT-I:

(a) NUTRITION IN PREGNANCY:

Physiological changes in pregnancy nutritional allowances and Complications of pregnancy. Menu planning and diest 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 diest for Nursing mother of Low, middle and high income groups.

UNIT-II:

(a) NUTRITION IN INFANCY:

Growth and development of the infant Nutritional requirement of the Infants, composition of breast milk and cow's milk, Advantage of Breast Milk.

(b) 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.

(c) NUTRITION DURING SCHOOL AGE:

Growth and development, foods habits and diet for the school child.

UNIT-III:

(a) NUTRITION IN ADOLESCENCE:

Physical and Physiological changes and nutritional allowances for the Adolescent.

(b)NUTRITION FOR THE ADULT:

Food and Nutritional allowance for the adult.

(c) NUTRITION FOR THE AGED:

Socio economic and psychological factors influencing the diet of an old Person.

UNIT – IV: PREVLENCE OF MALNUTRITION AND STRATEGIES TO OVERCOME MALNUTRATION.

- (a) Definition of community and family

- (b) Definition and explanation of malnutrition, undernutrition, overnutrition and Optimum nutrition.
- (c) Causes for malnutrition.
- (d)Interaction between nutrition and infection.
- (e)Prevalence of malnutrition in India-Anaemia, PEM, Vitamin A and symptoms and control.

UNIT – V:

(a) ASSESSMENT OF THE NUTRITIONAL STATUS:

Methods available for the assessment of nutritional status of an individual and community.

(b) ROLE OF NATIONAL AND INTERNATIONAL ORGANISATION TO COMBAT MALNUTRITION:

- (i) Contribution of international organization: WHO, FAO, UNICEF.
- (ii) Nutrition intervention programme in India: ICDS, Noon meal Programme.

(c) NUTRITION EDUCATION FOR THE COMMUNITY:

Meaning, nature and importance of nutrition education to the community.

RELATED EXPERIENCE PRACTICAL:

1. Planning menus for special conditions like pregnancy, lactation infancy, Pre-school age, school age, adolescence and adult.
2. Study of the socio-economic, socio-cultural background of a selected community.
3. Planning conducting and evaluating nutrition education programmes.

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2. Robinson Normal and therapeutic nutrition.
3. Gopalan, C and Ramasastry, B.V. and Balasubramanian S.C. Nutritive value of Indian Foods, NIN Hyderabad 1976.
4. Davidson, Sir Stanley passmore, Rand Brock, J.H.Heeman Nutrition and Dietctics. E.F.S. livingstons Ltd., Edinburgh London 1973.
5. M.C.Laren, Nutrition in the community 1976.
6. Nutrition Atlas NIN, Hyderabad.