

COURSE CODE:	NTD 407
COURSE TITLE:	ASSESSMENT OF NUTRITIONAL STATUS
NUMBER OF UNITS:	3 Credits
COURSE DURATION:	Three hours per week

COURSE DETAILS:

Course Coordinator:	Afolabi, W.A.O
Email:	afolabiwao@yahoo.com
Office Location:	Dept of Nutrition and Dietetics
Other Lecturers:	

COURSE CONTENT:

Methods of nutritional status assessment, Dietary surveys, Field Experience. Food composition tables. Nutritional status and food consumption in Nigeria. Anthropometric methods, body composition determination, anthropometric standards, NCHS, Havard, WHO and UNICEF etc. Longitudinal versus cross sectional studies. Biochemical indices and clinical determination.

COURSE REQUIREMENTS:

Students are expected to participate in all course activities and a minimum of 75% attendance to qualify for writing the final examination. Students are expected to attend all classes and participate in practical field survey as part of the minimum requirement for a successful completion of the course.

READING LIST:

LECTURE NOTES

Lecture Content:

(1) Methods of evaluation of Nutritional Status.

- Anthropometrics methods and standard e.g. NCHS, Harvard, etc.
- Biochemical Assessment and indices
- Clinical Assessment and indices.
- Dietary intake assessment.

(2) Nutrition status and Food consumption in Nigeria.

- Nutrition situation in Nigeria
- Food consumption studies in Nigeria

(3) Food composition table.

- What is food composition table
- Usefulness of food composition table
- Examples of food composition table

(4) Body composition determination.

(5) Longitudinal versus cross-sectional studies

- Definitions of longitudinal study. Give examples
- Definitions of cross-sectional study. Give examples

(6) Practical field experiences.

Students will be exposed to the practical of nutritional status assessment through hands-on practical field assignments on any of the following.

1. Self reported dietary intake assessment for one week involving day to day recording of food intake, weighing and breakdown into nutrient intake through the use of food composition tables and compared to daily reference intake.
2. Students could be assigned to canteens and bukaterias on the campus to undertake a week documentation and recording of food intake of students who patronize such

canteens. The assignment will involve direct weighing of food intake of the subjects and breaking down to nutrient intake with the use of food composition tables