

NTD 406: COMMUNITY NUTRITION II (2 UNITS)

(1) Introduction and scope of community nutrition.

- Definition of community nutrition.
- Identify the scope of community nutrition.
- Nutritional vulnerability
- Environmental, socio-economic and cultural factors determining nutritional vulnerability
- Methods of assessment of nutritional status of the community members

(2) A study of existing Applied Nutrition Programmes in Nigeria

- Definition of Applied Nutrition Programmes (ANP).
- Definition of nutrition intervention programmes
- Difference between Applied Nutrition Programmes and Nutrition Intervention Programme (NIP).
- Nutrition Intervention Programmes- e.g. (1). supplementary feeding programmes including School Lunch programme, Pre- school feeding, On-site feeding, Industrial Feeding, Ration shop, Food coupon
(2). Food fortification (3). Nutrition education
- Applied Nutrition Programmes in Nigeria – Nutrition Rehabilitation Centres, Positive Deviance Model for Rehabilitating Malnourished Children
- Steps involved in conducting Applied Nutrition Programmes.
- The Triple-A Approach i.e. Assessment, Analysis and Action.
- Evaluation of Applied Nutrition Programmes.

(3) Diet Planning for Individual and Family levels

- Principles of diet planning
- The food groups
- Planning diet for different age groups

(4) Formulating National and Area Community Nutrition Programmes.

- Designing community nutrition programme
- Essential steps for designing community nutrition programmes
- Identifying the key partners in the planning and implementation of community nutrition programme
- Monitoring and evaluation of community nutrition programmes

(5) Role of kitchen, garden, poultry, fisheries in improving the community nutrition.

(6) Psychology of human behavior.