

<b>COURSE CODE:</b>	<b>NTD 202</b>
<b>COURSE TITLE:</b>	<b>Community Nutrition 1</b>
<b>NUMBER OF UNITS:</b>	<b>3 Credits</b>
<b>COURSE DURATION:</b>	<b>Three hours per week</b>

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## COURSE DETAILS:

<b>Course Coordinator:</b>	Afolabi, W.A.O.
<b>Email:</b>	<a href="mailto:afolabiwao@yahoo.com">afolabiwao@yahoo.com</a>
<b>Office Location:</b>	Dept of Nutrition and Dietetics
<b>Other Lecturers:</b>	

## COURSE CONTENT:

This course introduces the student to the basics issues in community including sociocultural aspects of food like food behavior, food taboos, food choices and their determinants. Socioeconomic and natural factors that determine what people eats. Factors related nutrition in Nigeria including income, population, belief system, labour, custom, seasonal variations and prestige/status. Definitions and concepts of population and nutrition including birth rates, death rates, mortality rates, morbidity rates, migration rates etc. Methodologies used in food consumption survey.

Food habits and sociocultural aspects of food to include food behavior, food taboos and food choice. Factors related to nutrition in Nigeria including income, population, belief systems, labour, custom seasonal variations, prestige/status. Various parameters used in food consumption survey. Coverage of the survey, methodology, data collection, processing and interpretation of data.

## 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:

### Week 1

#### **Food habits and socio-cultural aspects of food.**

- Definitions and concept of community, family, households and nutrition
- Food behavior, food restrictions and taboos, food choice and nutritional vulnerability.
- Socio economic, cultural and environmental factors affecting nutrition.
- Cultural diversity and behavioural lifestyle that affects the feeding pattern and habit of people, what person eats and accepted.

### Week 2

#### **Factors related to nutrition in Nigeria.**

- Income, population, custom and belief system, labour, seasonal variation, prestige and status.
- Concept of population and nutrition including definitions (Birth rate, Death rate, Mortality rate, Morbidity Rate, Migration Rate etc).

### Week 3

#### **Various parameters used in food consumption survey.**

- What is food consumption survey?
- Parameters used in food consumption survey.
- Uses of food consumption survey.

### Week 4

- General problems in food consumption survey.
- Data required in food consumption survey.

- Requirements of the survey.

## **Week 5**

- Steps in the survey.
- Who should carry out the survey?
- Coverage of the survey.
- Processing and interpretation of data.