

COURSE CODE: NTD 406
COURSE TITLE: COMMUNITY NUTRITION II
NUMBER OF UNITS: 2 UNITS
COURSE DURATION:

COURSE DETAILS:

Course Coordinator: Afolabi, W.A.O.
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Office Location: Dept of Nutrition and Dietetics
Other Lecturers:

COURSE CONTENT:

Introduction and scope of community nutrition. A study of existing applied nutrition programmes in Nigeria including nutrition rehabilitation centres. Distinguishing between nutrition intervention programmes and applied nutrition programmes as well as community based nutrition programmes. Diet Planning for Individual and Family levels including the principles of diet planning , the food groups and planning diet for different age groups.

Formulating national and area Community Nutrition Programmes involving the designing and essential steps for designing community nutrition programmes, identifying the key partners in the planning and implementation of community nutrition programme as well as monitoring and evaluation of community nutrition programmes. Role of kitchen, garden, poultry, fisheries in improving the community nutrition.

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

(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.