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
- 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.**