

T.Y.B.A. (Home-Science) - Semester-V
Community Nutrition Education -Theory (Core Compulsory-CC-313)

Objectives:-

- To enable the students to understand the relationship between nutrition and malnutrition.
- To educate the students to understand the problems of nutrition and health in Indian community.
- To create awareness about water borne diseases.
- To equip students to learn and understand about nutrition uplift programmes.

Unit-1

- Good Nutrition.
 - Definition and symptoms of good nutrition.
 - Evaluation of good nutrition.
- Malnutrition.
 - Definition and conditions of malnutrition.
 - Causes of malnutrition.
 - Symptoms of malnutrition.
 - Diseases due to malnutrition.
 - Measures for prevention and control.

Unit-2

- Community Nutrition and Health.
 - Definition and concept of health.
 - Definition and concept of nutrition and its relation to health.
 - Factors affecting on community health and nutrition.

Unit-3

- Programmes related to Health and Nutrition.
 - I C D S
 - Anemia prophylaxis programme
 - I D D Programme
 - Vitamin-A prophylaxis programme
- Food fad and fallacious.

Unit-4

- Specific health problems in India- its causes, Symptoms and dietary guidelines.
 - AIDS
 - Cancer
 - Thalesemia
- Water borne diseases.
 - Cholera
 - Typhoid
 - Diphtheria

References:-

1. Meal Planning- Dr. Vrundasinh
2. જન સ્વાસ્થ્ય એવં પરિવાર કલ્યાણ – ડૉ. વૃન્દાસિંહ