

COMMUNITY NUTRITION

Semester – 5th

CA – 7

CN (503)

Credit – 2 + 2 = 4

Objectives :-

This course will enable to students to -

1. Understand the factors that determine the availability and consumption of food.
2. Be familiar with the common nutritional problems of the community, their causes, symptoms, treatment and prevention.
3. Get exposed to the schemes, programmes and policies of Government of India to combat malnutrition.
4. Be aware of the health hazards related to food and water.

Theory

Unit – 1 Concept and scope of community nutrition.

Unit – 2 Food availability and factors affecting food availability and its consumption.

- Agricultural production.
- Post harvest handling, marketing and distribution.
- Population.
- Economic.
- Regional.
- Socio – cultural and Industrialization.

Unit – 3

(A) Nutritional problems of the community and implication for public health.

(B) Common problems in India.

Causes (nutritional and non – nutritional).

- Incidence of nutritional problems, signs and symptoms and treatment (PEM, Micro nutrient deficiencies – Vitamin A, Iron, Iodine). and fluorosis.

Unit – 4

(A) Schemes and programmes to combat nutritional problems in India.

(B) Prophylaxis programmes.

- Midday meal programme.
- ICDS.

Practices:

- To study nutrition policy in India.
- To study mid day meal programme activities in school and nutritional evaluation.
- To visit Anganwadi centre and study the services provided by ICDS.
- To visit Taluka Panchayat and Jilla Panchayat for various programmes (Nutrition child and women welfare).
- To study nutritional problems in different age group in slum areas.
- To plan a menu for PEM, Vitamin A and Iron deficient person.
- To study current prophylaxis programme in your area.

Reference:

- Agrawal, A.N. (1981): Indian Economy Problems of development and planning.
- Jelliffe, D.B. (1968). Child Health in the tropics.
- Shukla P.K. (1982): Nutritional problems of India.
- Thankamma Jacob (1976): Food adulteration.
- Prevention of Food Adulteration Act (1954). Government of India.
- Swaminathan M.S.(1962) Fundamentals of Food and Nutrition.