

M.A.H.SC.. – 203 Community nutrition(core compulsory)

Objectives:

1. Awareness about Malnutrition and its Prevention.
2. To enable the students about the various agencies working for community nutrition.
3. To enable the students of understand the problems of nutr ition and health in Indian Community.

Unit – 1

- Malnutrition and its Definition
- Cause of Malnutrition.
- Major Malnutrition problems in India
- Prevention of Malnutrition

Unit – 2: Diet survey and nutrition survey assessment of nutritional status by various method.

- International agencies engaged in various nutrition programme e.g UNICEF, CARE, FAO, WHO
- Influence of cultural and sociological factors on community nutrition.

Unit 3:

- Major Nutritional Programmes running in India for combating malnutrition.
- Role of maternity and child health center in reducing.
- Malnutrition and mortality rate among pregnant women and children.
- Role of baby crèches and balwadi feeding programmes in child's health.

Unit – 4: Importance of Nutrition Education for Society.

- Method of giving nutrition education to society.
- Importance of health education.
- Evaluation of programme.

References:

1. Essential of food and nutrition volume I and Volume II by M. Swaminathan.
2. Applied nutrition by Rajlaxmi.
3. Mumbai S.R. and M.V.Rajgopalan, fundamental of food & nutrition wavy.
4. Honu seek food preparation CFI&I.