



Periyar University Salem-636011

NAAC A Grade - State University –NIRF Rank 68

Department of Food Science and Nutrition

B.Voc. Degree Level

Value Added Course Name: Community Nutrition Camp

Course Code: 18BFSNVA01

**Course Coordinators: Dr. M. Deepa , S.Manohar and
Dr,T. Poongodi Vijayakumar**

Duration: 23.09.2019 to 27.09.2019

About the Course

Community nutrition has been defined as the group of activities linked to Applied Nutrition within the context of Public Health, whose main goal is to tailor individual and population food patterns according to updated scientific knowledge, in a certain region with a final aim of health promotion. Community nutrition incorporates the study of nutrition and the promotion of good health through food and nutrient intake in populations. Community nutrition includes nutritional surveillance; epidemiological studies of diet; and also the development, implementation, and evaluation of dietary recommendations and goals. This course will cover the aspects of community nutrition relating to dietary goals and recommendations for populations; methods of assessing diet in population groups; and promoting healthy eating at the community level. In addition, students will expose to the hands on experience in community level at Karumandurai village, Salem District.

Syllabus

Introduction: Definition of community nutrition, role of nutrition in community development, methods of improving nutritional quality

Sampling Technique: Introduction, Definition, objectives, identification of risk group, sampling techniques.

Methods of Nutritional Assessment: Introduction, Definition, objectives, Direct assessment (ABCD methods), Indirect assessment (FBS, EP, VS)

Nutrition Education: Objectives, principle and scope of nutrition and health education and promotion, Nutrition education themes and messages in nutrition and health

Course Outcome

The students will able to

CO1: Understand the role and concepts behind community nutrition

CO2: Employ the different types sampling techniques

CO3: Apply the various methods of nutritional assessment

CO4: Impart nutritional education to the community as well as individual level