

B.A(Prog) with Nutrition and Health Education (NHE) as Major
Category-V

DISCIPLINE SPECIFIC CORE–DSE- 10 Nutrition Programme Planning

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course & Code	Credits	Credit distribution of the course			Eligibility Criteria	Prerequisite of the course
		Lecture	Tutorial	Practical/ Practice		
Nutrition Programme Planning	4	3	-	1	Class XII	NIL

Learning objectives:

1. To develop nutrition and health programmes for vulnerable groups and planning nutritious recipes for micronutrient deficiencies.
2. Field visit to ongoing nutrition and health programmes.
3. To plan and implement Nutrition education programmes.

Learning Outcomes:

After the completion of the course the students will be able to-

1. Serve as programme planners and managers in the field of Public health nutrition.
2. Develop nutrition education programmes for vulnerable groups and plan nutritious recipe for micronutrient deficiencies.

SYLLABUS OF DSE-NHE-10

THEORY

(Credits 3: 45 Hours)

Unit 1: Programme planning in public health nutrition.

(15 Hours)

- Unit Description-This unit will introduce the student to Nutrition Programme Planning.
- Subtopics-
 - Basic principles and models of Programme planning.
 - Planning process – Community need assessment, setting goals and objectives, selecting indicators, selecting interventions, planning for programme implementation and resources , planning for programme monitoring and evaluation.
 - Planning for programme termination, stakeholder participation in programme.
 - Planning at micro and macro level.

Unit 2: Programme monitoring and evaluation.**(15 Hours)**

- Unit description-This unit will introduce the student with programme monitoring and evaluation.
- Subtopics-
 - Significance and purpose of monitoring Food/Nutrition programmes.
 - Identification and selection of indicators for monitoring.
 - Significance and purpose of evaluation of Nutrition programmes.
 - Identification and selection of indicators for evaluation.
 - Strategies for data collection- Qualitative and quantitative.

Unit 3: Nutritional Surveillance.**(5 Hours)**

- Unit Description- This unit will introduce the student with Nutritional Surveillance.
- Subtopics-
 - Objectives,initial assessment indicators for use in nutrition surveillance.
 - Nutritional surveillance for programme planning: Triple-A- Approach.

Unit 4: Process of Nutrition education.**(10 Hours)**

- Unit Description – This unit will deal with the process of nutrition education.
- Subtopics-
 - Need , scope and importance of nutrition education.
 - Potential challenges and constraints of nutrition education.
 - Theories of nutrition education.
 - Process of nutrition education communication.

PRACTICAL**(Credit 1 :30 hours)**

1. Development of a plan for conducting nutrition education programmes in the community.
2. Preparation of Nutrition education communication aids for different groups.
3. Development of low cost recipes for infants,preschoolers,pregnant and lactating mothers.
4. Field visit to ongoing National Nutritional and health programmes.

Essential/recommended readings :

- <https://www.egyankosh.ac.inPDF> last accessed 15 dec 2024.
- Vir,S.C(Ed).2023 . Child ,Adolescent and woman Nutrition in India.Public policies,programmes and progress. K.W Publishers .
- Wadhwa,Aand Sharma,S. 2013 .A textbook of nutrition in the community. Jain book agency.
- Indira Gandhi national open university,2006 MFN 006 Public nutrition. Ed Sharma.S ,Kapur.D .

Suggested readings:

- Vir,S.C(Ed) 2011. Public Health Nutrition in Developing Countries Part 1 and part 2 Woodheed Publishing India.
- Gibney M.J., Margetts, B.M.,Kearney,J,M.,Arab, L. Eds (2004) Public Health Nutrition,NS. Blackwell Publishing.