



THIAGARAJAR COLLEGE OF PRECEPTORS

MADURAI -625009

CERTIFICATE COURSE ON

HEALTH EDUCATION AND NUTRITION (CHN)

Health education and Nutrition is not to impart knowledge only, but, to reinforce or change behavior and practices among students community. Education is also necessary for helping individuals to select the best diet possible from the food available, whether it is home-produced or must be purchased, often within limited funds. Finally, it is essential that students gain an appreciation of the therapeutic value of food and its role in the maintenance of health.

Objectives

1. To develop nutrition advisory services and nutrition education of the students.
2. To participate in nutrition awareness programmes.
3. To improve nutritional levels in the students community.
4. To maintain their body physical fit.
5. To aware about the adulteration process.

Unit: 1 Health Education

Aims and objective, scope and evaluation, problems of health education, different methods and schemes, mental fitness and positive and negative aspects of health.

Suggested Activity: Simple Aerobic and Yogic Exercises

Unit: 2 Health Developments

Fitness programs, routine examination, Physical development, and exercise. Role of family and school in health development. Safety education in the home, school, and road.

Suggested Activity: Conducting Nutritional games in group, Preparing Homemade simple foods

Unit: 3 Wealth Educations

Meaning and definition of Wealth of health- the wealth of ear, eye, and teeth. Human systems- respiratory, circulatory, muscular and digestive systems.

Suggested Activity: Puppet show to maintain the wealth education

Unit: 4 Science of Nutrition

Food and its sources, Balanced diet- definition, Malnutrition, Diet maintenance for controlling obesity (BMI), Basic Principles of dietetic management. Underweight and weight management.

Suggested Activity: Awareness Programme - Mal Nutrition – childhood, Adolescence, Adulthood – Documentary film

Unit: 5 Food adulteration and diseases

Food adulteration- meaning, types, adverse effects and control measures. Diseases - Infectious and contagious and non contagious diseases.

Suggested Activity: Conducting seminar to create awareness of food adulteration- Chart, Posters preparation

Bibliography

1. Florencio CA. (Ed.) Dietary Guidelines in Asia-Pacific, ASEAN-New Zealand IILP, Project 5, Philippines, 1997.
2. Gopalan C and Krishnaswamy K (Eds.). Nutrition in Major Metabolic Diseases, Oxford University Press, New Delhi, 1997.
3. Healthy diet. WHO. Available from <http://www.who.int/mediacentre/factsheets/fs394/en/>. Accessed on 25th September 2014
4. Kishore J. A textbook for Health workers & auxiliary nurse midwife. 3rd Edn. 2012. New Delhi: Century Publication.
5. Kishore J. National health programs of India: National Policies and legislation related to Health. 11th Edn. 2014. New Delhi: Century Publications.
6. National Institute of Nutrition. 25 Years of National Nutrition Monitoring Bureau. NIN, Hyderabad, 1997.
7. National Research Council. Diet and Health : Implications for Reducing Chronic Disease Risk. National Academy Press, Washington DC, 1989.
8. NFHS-3. Available from http://www.rchiips.org/nfhs/nutrition_report_for_website_18sep09.pdf. Accessed on 25th September 2014
9. Raj M, Kumar RK. Obesity in children & adolescents. Indian J Med Res 2010; 132:598-607.

10. Ramesh V Bhat and Nageswara Rao R. Food Safety. The Bangalore Printing and Publishing Co. Ltd., Bangalore, 1997.
11. Reddy V, Pralhad Rao N, Sastry JG and Kasinath K. Nutrition Trends in India. National Institute of Nutrition, Hyderabad, 1993.
12. World Health Organization. Preventing chronic diseases: A vital investment. World Global Report. Geneva: World Health Organization; 2005.