

COURSE TITLE: NUTRITION

COURSE STATUS: HALF COURSE

COURSE HOURS: 35 Hours

THEORY: 35 Hours

Course code: NTR 016

COURSE: NUTRITION

COURSE AIM:

To equip students with knowledge and skills in nutrition and dietetics

Course objectives:

- Discuss the concept of nutrition and health
- Describe the methods of applied nutrition assessment
- Discuss the aims and interventions of the First 1000 Most Critical Days programme in Zambia
- Discuss the essential nutrition programmes in the health sector
- Discuss the principles of dietetics and the management of non-communicable diseases
- Explain the nutritional needs of special groups

Course Objective By the end of the course, the students should be able to:	Unit Title	Unit Objectives By the end of this unit the student should be able to:	Unit Topic
1. Discuss the concept of nutrition and health	UNIT 1: BASICS OF NUTRITION AND HEALTH	Introduction Unit objectives 1.3 Define key terms used in nutrition 1.4 Outline the principles of nutrition 1.5 Describe the nutrition situation in Zambia 1.6 Describe the role of nutrition in health, growth and development and illness 1.7 Discuss the role of culture aspects in nutrition 1.8 Describe the types of nutrients 1.9 Describe the methods of food processing	1.1: Unit Introduction 1.2: Unit Objectives 1.3: Definition of Terms Used in Nutrition 1.4: Overview of Principles of Nutrition 1.5: The Nutrition Situation In Zambia 1.6 The Role of Nutrition 1.8: Types of Nutrients – Carbohydrates, Protein, Fats, Minerals and Vitamins 1.9 Methods of Food Processing 1.10: Summary 1.11 Self Test
2. Describe the methods of applied nutrition assessment	Unit 2: APPLIED NUTRITION ASSESSMENT METHODS	2.1 Introduction 2.2 Unit Objectives 2.3 Describe the following nutritional assessment methods: – Anthropometry (Body measurements) – Biochemical Assessment (Laboratory)	2.1 Introduction 2.2 Unit objectives 1.3 Nutritional Assessment methods 2.3.1 Anthropometry (Body measurements) 2.3.2 Biochemical Assessment

Course Objective By the end of the course, the students should be able to:	Unit Title	Unit Objectives By the end of this unit the student should be able to:	Unit Topic
		<ul style="list-style-type: none"> – Clinical Assessment (Physical) – Dietary assessment (Feeding history) 	(Laboratory) 2.3.3 Clinical Assessment (Physical) 2.3.4 Dietary assessment (Feeding history) 2.4 Unit Summary 2.5 References and Further Readings
3. Discuss the aims and interventions of the First 1000 Most Critical Days programme in Zambia	UNIT 3: The first 1000 Most Critical Days	3.1 Introduction 3.2 Unit Objectives 3.3 Describe the 1000 Most Critical Days programme 3.4 Discuss the rationale for the 1000 Most Critical Days 3.5 Outline the situation of under nutrition in Zambia 3.6 Explain the interventions against under nutrition in Zambia 3.7 Describe the program activities that address	3.1: Unit Introduction 3.2: Unit Objectives 3.3: Definition or Meaning of 1000 Most Critical Days 3.4 Rationale of 1000 Most Critical Days (1000 MCD) 3.5: The Situation of Under Nutrition In Zambia 3.6 Interventions Against Under Nutrition in Zambia 3.7 Programme Activities to address Under nutrition in Zambia 3.8 Links to other National, Regional

Course Objective By the end of the course, the students should be able to:	Unit Title	Unit Objectives By the end of this unit the student should be able to:	Unit Topic
		under nutrition in Zambia 3.8 Explain the linkages of this programme to national, regional and international policies	and International Policies 3.9 Summary 3.10 References
4. Discuss the essential nutrition programmes in the health sector	UNIT 4: ESSENTIAL NUTRITION PROGRAMMES IN THE HEALTH SECTOR	4.1. Introduction 4.2. Unit Objectives 4.3. Describe the scientific basis and activities involved in the Infant and Young Child Nutrition strategy; 4.4. Discuss micronutrient control and the role of food supplements, fortification and helminthic control; 4.5. Outline the activities undertaken during growth monitoring and promotion in the community 4.6. Describe the management of nutrition disorders at the community level 4.7. Explain the maternal and adolescent nutritional needs	4.1: Unit Introduction 4.2: Unit Objectives 4.3: Infant and Young Child Nutrition (IYCN) Strategy 4.4: Micronutrients Control 4.5: Growth Monitoring and Promotion Activities in the Community 4.6: Management of Malnutrition 4.7: Maternal and Adolescent Nutritional Needs 4.8 Unit Summary 4.9 References

Course Objective By the end of the course, the students should be able to:	Unit Title	Unit Objectives By the end of this unit the student should be able to:	Unit Topic
5. Discuss the principles of dietetics and the management of non-communicable diseases	UNIT 5: INTRODUCTION TO DIETETICS	<p>5.1. Introduction</p> <p>5.2. Unit Objectives</p> <p>5.3. Discuss the concept of dietetics</p> <p>5.4. Describe the dietary management of clients with TB and HIV/AIDS</p> <p>5.5. Describe nutritional considerations for clients on antiretroviral therapy</p> <p>5.6. Outline the ideals and challenges related to institutional feeding</p> <p>5.7. Explain principles of nutrition education and counselling</p> <p>5.8. Describe the dietary management of non-communicable diseases</p>	<p>5.1 Unit Introduction</p> <p>5.2 Unit Objectives</p> <p>5.3 Concept of Dietetics</p> <p>5.4 Nutrition in TB and HIV/AIDS</p> <p>5.5 Nutrition and Antiretroviral Therapy (ART)</p> <p>5.6: Institutional Feeding</p> <p>5.7 Nutrition Education and Counselling</p> <p>5.8 Dietary Management for Non-Communicable Diseases</p> <p>5.9 Unit Summary</p> <p>5.10 Self-Test</p>
6. Explain the nutritional needs of special groups	UNIT 6: SPECIAL NUTRITION NEEDS	<p>6.1 Introduction</p> <p>6.2 Unit Objectives</p> <p>6.3 Describe the nutritional needs of the following special groups:</p> <ul style="list-style-type: none"> – School children – The aged – The chronically ill – Vegetarians – The disabled 	<p>6.1 Introduction</p> <p>6.2: Unit Objectives</p> <p>6.3 Nutritional Needs of Special Groups</p> <ul style="list-style-type: none"> 6.3.1 School children 6.3.2 The aged 6.3.3 The chronically ill 6.3.4 Vegetarians 6.3.5 The disabled <p>6.4 Summary</p> <p>6.5 References</p>