

CURRICULUM FOR EXTENSION EDUCATION IN TAMIL NADU – OPPORTUNITIES AND CHALLENGES

G.G.KAVITHA SHREE,

Assistant Professor (Home Science & Food Science) and Program Co-ordinator,
ICAR-Krishi Vigyan Kendra, Tamil Nadu Agricultural University, TN

SURESH BABU

Senior Research Fellow and Program Leader, IFPRI

Outline of Presentation

- Malnutrition Challenge
- Motivation and Reasons for Curriculum Review and Revision
- Nutrition Curriculum Gap in Extension education
- Role of KVKs in the Universities
- Demand Driven approach in ICDS
- Key revisions in University Education
- Key messages

Current Challenge:

Malnutrition includes under nutrition, over nutrition and nutritional deficiencies which impair health, intellectual activity, adaptive behavior, education, productivity and well-being and can even induce death (WHO,2000)



- **Motivation for curriculum revision:**

- High level child malnutrition in India could be addressed through nutrition education and extension
- Girls in particular stand to benefit from good nutrition as their health status and eating habits have a major impact on pregnancy, lactation and nourishment of their children.
- While over 300 million people are estimated to lack access to food to meet their daily basic needs for energy and protein, more than 50 percent of population is deficient in essential micronutrients such as iodine, vitamin A and iron.
- Nutrition education and extension could make good nutrition accessible for everyone, everywhere and at all times.



Reasons suggested for increasing the nutrition content of extension (also to become part of Nutrition Curriculum)



- Good nutrition strengthens the learning potential and wellbeing
- Good nutrition in early life enables healthy adulthood and ageing
- Healthy nutrition contributes to decreasing the risks of today's leading health problems
- Education and good nutrition strengthen the economy
- Malnutrition weakens the learning potential and well-being of children
- Malnutrition causes death and impairs the growth and development of millions of younger generation

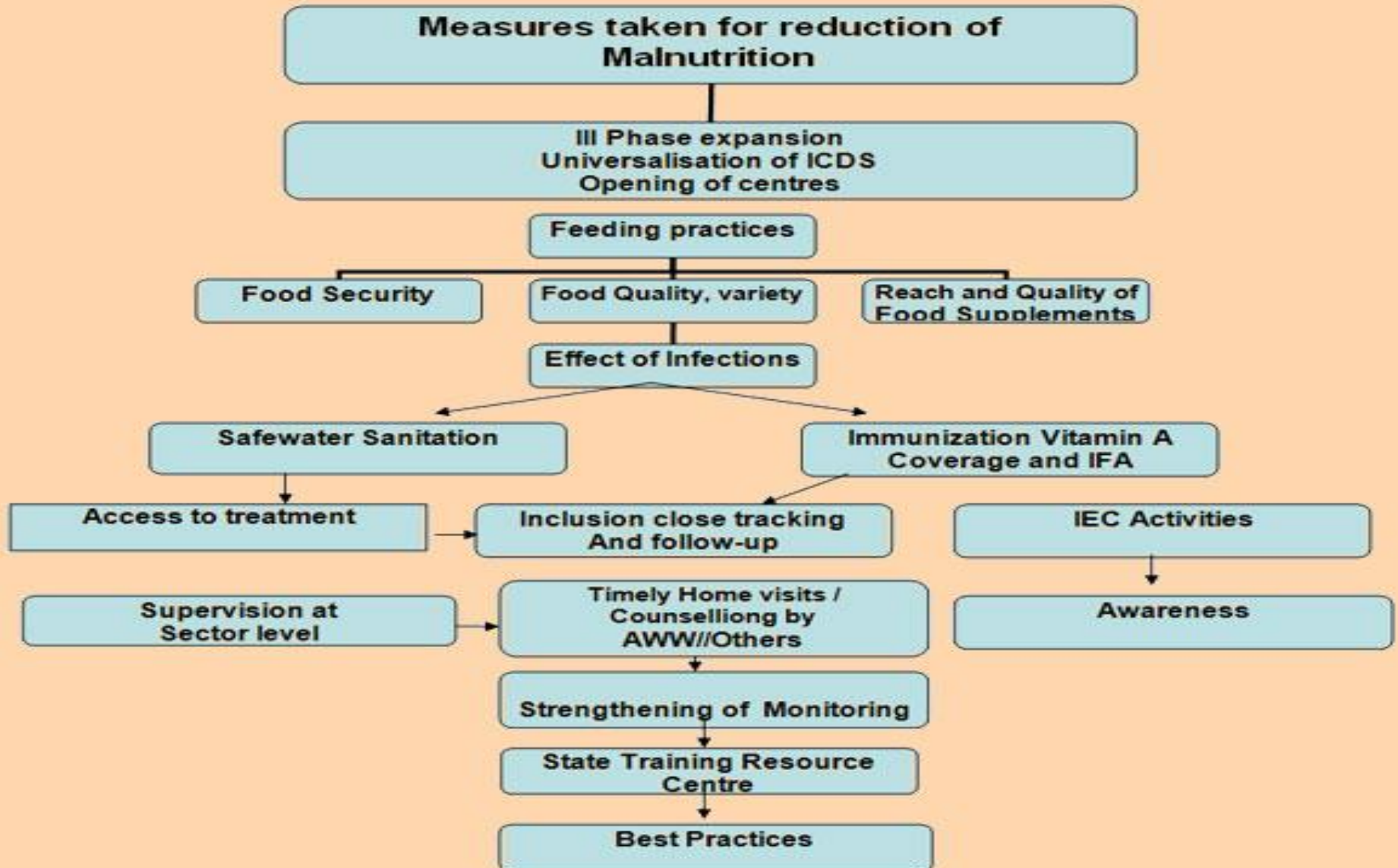
TNAU – UG NUTRITION CURRICULUM GAP

- B.Sc. (Agriculture): Nil
 - B.Sc.(Forestry) : Nil
 - B.Sc.(Horticulture)
 - ✓ Classification and Nutritive value of horticultural crops
 - ✓ Nutrition garden, kitchen garden and other types of gardens
 - B.Tech. (Food Process Engineering)
 - B.Sc (Home Science)
 - ✓ Fundamentals of Nutrition
 - ✓ Therapeutic Nutrition
 - ✓ Six Food Science courses
- **MOST OF THE EXTENSION OFFICERS COME FROM BSC (AGRICULTURE)**

OPPORTUNITIES FOR MID CAREER TRAINING: ROLE OF KVKS AT TNAU

- Value addition of food produces and income generation of the farmers/Entrepreneurs
- Nutrition garden and Kitchen garden
- Nutrition programs for farm women and men
- Nutrition education for children

MAKING NUTRITION CURRICULUM DEMAND DRIVEN -CASE OF ICDS-TN





**NUTRITION CURRICULUM OPPORTUNITIES
AND EDUCATIONAL INTERVENTIONS AT
THE UNIVERSITY LEVEL**



• Key foundations for the nutrition curriculum revision



- Healthy nutrition takes many forms and is understood differently in different places and among different cultures.
- Nutritional well-being is determined by consuming **safe food** as part of an appropriate and **balanced diet** that contains adequate amounts of nutrients in relation to bodily requirements.
- **Health and lifestyle of an individual influences the extent to which food** contributes to good social, mental and physical well-being.
- Adequately nourished people enjoy optimal growth, health and well-being

- **Curriculum Design Could Begin with Interventions needed:**
- Nutrition interventions are policies, services, learning experiences and other actions implemented to younger generation , individuals or groups to make healthy nutrition a way of daily life.
- Nutrition interventions are integrated into all aspects of the school, colleges and community life, such as the physical and psychosocial environment

- **KEY ELEMENTS OF REVISED CURRICULUM:**

- Extension curriculum need to include Nutrition messages and must provide the most effective and efficient way to reach large share of rural population, including young people, families and community members.
- Curriculum must be designed such that extension agents reach population groups at influential stages in their lives, during adolescence and early adulthood when lifelong nutritional patterns are formed.
- University curriculum must be designed in a way to increase the mandate and responsibility to enhance all aspects of development and maturation of youth under qualified guidance.
- University curriculum must provide a setting to introduce nutrition information and technologies to the community and can lead the community in advocating policies and services that promote good nutrition.



- **NUTRITION CURRICULUM need to:**
- Teach the effects of unsafe weight-gain and weight-loss methods
- Explain the effects that diet and physical activity have on future health as well as on immediate concerns, such as current health, physical appearance, obesity, underweight, eating disorders, sense of well-being and capacity for physical activity
- Have students identify reasons to adopt healthy eating and physical activity patterns



- Curriculum must be designed with practical approaches such as:
- Teach students how to identify foods high and low in fat, saturated fat, cholesterol, sodium and added sugars
- Teach students how to identify foods that are good sources of fibre, complex carbohydrates, calcium, iron, vitamin A, vitamin C and folate
- Teach the importance of balancing food intake and physical activity
- Help students increase the value they place on nutrition health and their knowledge on sense of control over food selection and preparation
- Increase students' confidence in their ability to learn and guide healthily eating by gradually building up their skills and giving them practice
- Help students examine what motivates persons to adopt particular eating habits; have students keep a food diary noting what cues their own eating behavior such as mood, hunger, stress or other persons

- **KEY MESSAGES:**

- University curriculum currently designed and taught does not address the critical Nutrition Extension needs

Thus Curriculum revision can play vitally important role in nutrition extension to promote good food and nutrition security through interventions



Lets' start to pave way for a WELL nourished
AND healthy Nation THROUGH
agricultural extension!

Thank You