


NUTRITION

OBJECTIVES

At the end of the lecture the student will be able to understand the followings:

- 1- The importance of good nutrition and nutritional education.
 - 2- The factors the Health Worker will need to keep in mind in relation to nutrition education.
 - 3- Opportunities for nutritional education.
 - 4- The main types of nutritional education
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Nutrition

The study of nutrients and the processes by which they are used by the body

Nutrients

Substances in foods required by the body for energy, growth, maintenance, and repair. Some nutrients are essential; they cannot be made by the human body and must be provided by foods.



Good nutrition

Good nutrition means “maintaining a nutritional status that enables us to grow well and enjoy good health.

Good nutrition is essential in:

1-Promoting health

2-Preventing illness

3- Restoring health after an injury or illness.

The nutritional status of our communities is a reflection of our individual nutritional health. Perhaps the most significant factor affecting the nutritional status of communities is economics.



Nutritional Education


Nutritional education is of great importance in improving the health of families and of the communities.

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Factors in relation to nutritional education:

The Health Worker will need to keep in mind the following factors in relation to nutrition education.

1. Culture, religion, food habits .
 2. Foods available locally, and water supply.
 3. Educational level of the groups.
 4. Economic status of the families.
 5. Land available for food production.
 6. Housing and environmental sanitation
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Opportunities for nutritional education:

1. When visiting families for any reason, the Health Worker may help them in learning better budgeting selection, storage, preparation and cooking of foods.
2. In the antenatal clinic and at the preschool clinic, there will be opportunities for both group and individual nutrition education.

3. Nutrition education is an important part of the school health programme. It may be linked with a school midday meals programme.

4. If there is nutrition Rehabilitation Centre, this gives opportunity for intensive teaching and supervision of mothers in feeding her child in a better way.

Nutritional education of the public occurs in three different forms : formal , non formal , and informal .

1. Formal education is purposefully planned for implementation in school setting .
 2. Non formal education takes place through organized teaching and learning events in places such as hospitals , clinics , and community centers.
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3. Informal education includes a variety of educational experiences that occur through daily activities .


These informal experiences may include watching television , reading news paper and magazines, and conversing with other people



The most effective education results in behavior change.

Nurse , through formal , non formal and informal educations, can introduce knowledge and strategies for personal lifestyle choices that consider the social context of patients lives.

QUIZ

- 1- write about the importance of good nutrition and nutritional education.
 - 2- what are the factors the Health Worker will need to keep in mind in relation to nutrition education?
 - 3- what are the Opportunities for nutritional education?
 - 4- what are the main types of nutritional education adopted by community health workers?
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Thank you

