

Organising Nutrition Education Programme at Community level

Nutrition education programme was carried out for the school going children of Besant Kannada Medium School and students of Besant National PU College on 31st October 2019 after interpreting the results of the study conducted on assessment of the health parameters for the same population in order to improve their dietary pattern and bring changes in their lifestyle.

The nutrition education programme was carried out by using various teaching aids such as

- Posters
- Flashcards
- Overlay charts
- Nutrition games (Snakes and ladders)
- Pamphlets
- Folders

All the teaching aids were effectively used and the nutrition education programme was fruitful.

List of students undertaking the extension activity

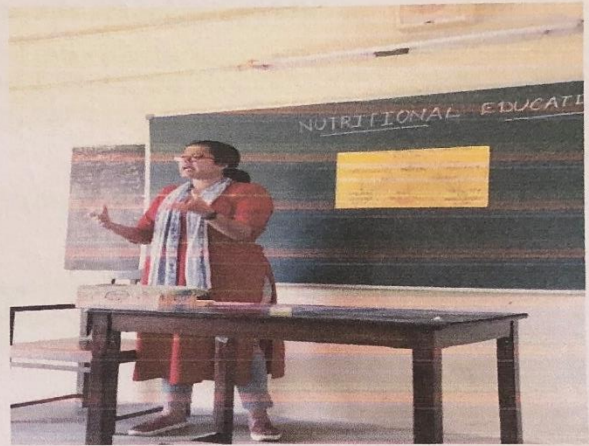
S.No	Name	Register No
1.	K. Maya Kudva	189044801
2.	Nireeksha V	189044802

Objectives

- To create awareness on the importance of nutrition and inclusion of important foods to improve the nutritional status of the target population with the use of teaching aids.

Outcome

- The target population had a clear understanding of importance of good nutrition and foods to be included in the diet to improve the health and reduce thincidence of lifestyle disorders and other disease conditions.



Nutrition education by use of teaching aids

