

Organising Nutrition Education Programme at Community level

Nutrition education programme was carried out for the school going children of Besant Kannada Medium School. 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

- Food chart
- Food pyramid

All the teaching aids were effectively used, group discussion was done, kids were taught the importance of food and hence the nutrition education programme was fruitful.

List of students undertaking the extension activity

S.No	Name	Register No
1.	Aiysha Neelofer	193041960
2.	Ameera	193041961
3.	Amna Nasmi	193041962
4.	Fathimath Afeefa	193041963
5.	Sachitha H.B.	193041964
6.	Soumya N.V.	193041965

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 the incidence of lifestyle disorders and other disease conditions.



Imparting Nutrition Education with use of teaching aids



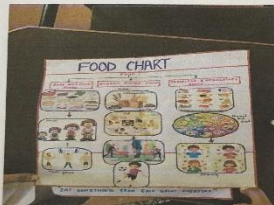
Imparting Nutrition Education with use of teaching aids



Teaching aid- Food Pyramid



Teaching aid



Teaching aid- Food Chart