

## Organising Nutrition Education Programme At Community Level For Factory Women

Nutrition education programme was carried out for the factory women working in the Kalbhavi Cashew factory on 04.03.2022 after interpreting the results of the study conducted on assessment of the nutritional status for the same population in order to improve their dietary pattern and lifestyle changes.

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

- Placards
- Posters
- Pamphlets

All the teaching aids were displayed with dietary suggestions, awareness of deficiency of micronutrients and a nutrition education programme was organized successfully.

### List of students undertaking the extension activity

S.No	Name	Register No
1.	Disha	201031393105
2.	Hema	201031393106
3.	Shree Raksha	201031393110
4.	Hafsa	201031393111
5.	Namitha	201031393118

### 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.



Teaching aids



Students and female factory workers with teaching aids



