

# DNHE

1. Develop a knowledge base in key areas of nutrition and public health such as diet-health relationships; planning suitable diets for various age groups; using diet therapy in disease; nutrition and income generation programmes; communicable diseases-symptoms, prevention and treatment; primary health care; environmental safety
2. Promote awareness about concepts and principles in communication and their application in nutrition and health education
3. Develop skills in playing the role of nutrition and health educators in the community with particular emphasis on methods, approaches and strategies.

## DNHE - 1 Nutrition for the Community

- 1) To develop an understanding about the basic concepts of nutrition
- 2) To understand the principles of meal planning and plan meals for different stages of the life cycle.
- 3) To be able to effectively utilize the food resources -food budget, food selection and storage, food preservation, food safety.
4. To identify the different nutrient deficiency disorders and learn about the nutrition programs

**Assessment**  
LO 1, 2 & 3  
Assignment and Term-  
end exam

## DNHE - 2 Public Health and Hygiene

- 1) To know the health indicators and family welfare program in the country
- 2) To understand environmental sanitation and Safety issues
- 3) To be able to identify common childhood illnesses, food borne diseases and their prevention.
- 4) To review the primary health care system and various health programs and income generation programs running in the country.

**Assessment**  
LO 1 & 2 Assignment  
and Term-end exam

## DNHE - 3 Nutrition and Health Education

- 1) To reflect on the nutrition and health status of the community
- 2) To interact with the community and impart nutrition and health education messages
- 3) To gain knowledge on the methods, strategies and approaches used for nutrition and health education
- 4) To understand the planning, organization, implementation and evaluation of nutrition education programs.

**Assessment**  
LO 1 & 2 Assignment  
and Term-end exam

## DNHE - 4 Project Work

- 1) To gain and augment knowledge on conducting project work and writing the project report.
- 2) To critically reflect upon one's practices as a nutrition and health educator in the community

**Assessment**  
LO 1 & 2 : Project  
Work