

## Nutrition Education and Counseling

Course Code	Title of Course	Credit Hours
HND-414	Nutrition Education and Counseling	3(2-1)

### Learning objectives:

Students will be able to:

- Learn the techniques of creating awareness about health issues in masses
- Learn about different modes of communication and their effective use
- Understand the ethical responsibilities for the dissemination of knowledge

### Course Contents:

#### Theory:

Introduction to Nutrition Education; Aims of Nutrition Education; Scope of Nutrition Education; Determinants of Food Choices; Food related determinants; Social and Environmental determinants; Competencies and Skills for Nutrition Educators; Motivation in Nutrition Education; Determinants of Behavior Change and Behavior Change; Multiple Levels of Influence; Behavior Change Strategies; Health Belief Model, Child Feeding Practices Theory; Social Cognitive Theory; Generating Education Plans; DESIGN theory and educational model; DESIGN theory and educational model; Nutritional Model and Planning; Delivering Nutrition Education in Group Setting; Communication in social context; Instructional design theory application; Communication Models; Effectiveness of communication setting in nutrition setting; Ethics in Nutrition Education; Effectiveness of visual aids in nutrition communication; Media Supports for Nutrition Education; Media Supports for Nutrition Education; Implementation of the DESIGN theory; Nutrition Education in Various Age Groups; Critical appraisal of a research paper; Nutrition Educators as Change Agents.

#### Practical:

Nutritional counseling; Program designing for specific diseases: Anemia, Neural tube defects, rickets, etc.; Surveys and seminars in different educational institutions; Individual presentations by students on different nutrition topics.

### Suggested Readings:

**Textbook:**

1. Walter W. (1998). *Nutritional Epidemiology* (2nd ed.). Oxford University Press, USA.

**Reference Book:**

1. Richard D. S. & Martin W. B. (2001). *Nutrition and Health in Developing Countries (Nutrition and Health)*. Humana Press.

**Research Methods in Food and Nutrition**