

Importance of Nutritional education

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The status of nutrition teaching as a means for educating nutrition of the public in the developing countries has improved rapidly in the recent past. Lack of alertness about the eating necessities and nutritive value of different food is the main source for dominant malnutrition.

Nutrition teaching should be applied and should be simply adjustable to the socioeconomic position, food habits and the existing local food resources normally needed for the drive of demonstration and nourishing of the locally available audience. Nutrition education programme should develop as part of the public.

Training Personnel for Nutrition Education:

Communicating nutrition for persons involved in profession. Training of qualified employee in nutrition and dietetics – In nearly all countries focused training are offered for training of nutritionist and dietitian fit for employed in schools, colleges, hospitals, Maternity child health centres for telling nutrition education in the public

Training in nutrition for employees in other job with apt instruction for short period of 3-4 months Employees in other jobs and professions such as public health workers, nurses and public project workers can be given exercise in nutrition. The course should be applied and should stress on the current dominant nutritional difficulties in the public and their inhibition by the use of locally existing food.

Methods of Nutrition Education of the Public:

Lectures and Demonstration: The speech should be simple and too extravagant. It should be simply adoptable by the people appearing the

course. The demos should be simple and these should type good use of nearby existing resources with the help of which it can be simply approved by the public.

Workshops: The nutrition work must discuss the main nutritional problems in the public in simplest form and the solution for it.

Film Shows and Slide Shows: These are very effective method of education. They should be real-world and explanatory and simply understandable.

Posters, Charts and Exhibition: Posters should be simple and should directly catch the attention of the audiences and should be inscribed in the local language. The letters must be visibly and simply visible at remoteness too. Charts also should be in a place to rouse the interest of the people. The charts should be well-proportioned with the use apt colours and should not be swarming. Exhibitions having posters and charts are the best method for educating the public. It should be set up keeping in awareness the educational level of the people the teaching programme is cuisine to.

Books, Pamphlets, Bulletins and Newspaper

Articles: Published matter for nutrition education is appropriate for educating students, teachers and other professionals. These resources should be made accessible in local languages and should give enough information.

Radio and Television: Radio and Television programmes grasp a large number of viewers

within no time. Jokes, stories, dramas, etc. linking the nutritional problem help to produce large scale alertness.

Purposes of Nutrition Education Programmes:

The main purposes are as follows:

1. To develop nutrition recommended amenities and nutrition education programmes for the public.
2. To take part and organize in community nutrition programmes with the co-operation of people employed in other disciplines.
3. To help in developed additional nutrition programme where ever required.
4. To improve the nutritional heights of the

Public by the accessible means.

The Means for Nutrition Education:

1. The starting point information about nutrition problem in a communal can be done by nutritional study and by accumulating the results one gets to know the correct widespread problem which desires the education
2. Studying the socioeconomic issues, religious beliefs, customs and ethnicities affecting the dietary forms.
3. Development of Nutrition education substantial in local tongues and local dominant problems.
4. Supplementary feed programmes in the mother and child events