**EHS 2207 FOOD AND NUTRITION (3 CU)**

**Course description:** The course describes the principles of food and nutrition security in the promotion of health and prevention of malnutrition disorders resulting from either deficient or over consumption of food in the community.

**Course Objectives**

By the end of this course, the student should be able to:

1. Classify various foods according to their nutritional value.
2. Describe nutrition habits of the East African communities.
3. Describe factors that may influence the nutritional status of the community.
4. Explain problems and diseases related to poor nutrition.
5. Identify nutritionally vulnerable groups in the community and their nutrient requirements.
6. Demonstrate ability to initiate and manage community nutrition programmes

**Detailed Course Outline**

# Definitions of food and nutrition security

* Classification, composition and functions of foods, balanced diet
* Structures and properties of macro and micro nutrients
* Use of locally available food stuffs to balance diet
* Factors affecting food and nutrition security
* Food digestion, assimilation of food
* Common nutritional disorders in East Africa
* Techniques for assessing nutritional status of communities
* Factors influencing nutritional status
* Interventions to prevent and control nutritional disorders
* National and international nutrition policies, codes and regulations
* Practical work
* Field work/visits

**Mode of delivery:**

* Lectures, tutorials, seminars, practical work and field visits.

**Mode of Assessment**

- Continuous assessment, **(40%)**.

- End of semester exam: MCQ’s, short answer and long assay questions **(60%)**.

**Suggested Reading List**

1. Lecture handouts and additional materials on reserve at the MUSPH Resource Centre.

2. Burgess, A. et al., Community Nutrition for Eastern Africa. 1994

3. Annie Fredrick, *Textbook of Food and Nutrition,* [Lotus Press](http://books.google.co.ug/url?id=njy0AcjClqYC&pg=PP1&q=http://www.lotuspress.co.in&linkid=1&usg=AFQjCNHYq_Uwk4nISJMWna42KeB9qx3OUw&source=gbs_pub_info_s&cad=4). 2007

4. Hoorweg J. and Niemeijer, R, Intervention in Child Nutrition: Evaluation Studies in Kenya. 1990