**Course Description**

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| **Course Title** | | | Training in community nutrition | **Course Code** | **BND475** |
| **Program** | | | Therapeutic Nutrition and Dietetic | **Level** | 4th  level |
| **Credit Hours** | | | 3 | **Pre-requisites** | **BND351** |
| **Course Description:** | | | | | |
| This course trains students in community nutrition by applying knowledge and skills acquired from prerequisite courses. Students will actively participate in community health and wellness programs in settings such as schools, medical centers, villages, and organizations.  The course focuses on helping students develop essential skills like critical thinking, implementing national nutrition programs, and delivering nutrition education to large groups.  Students will engage in self-directed problem-solving, assignments, and discussions. Evaluation will be conducted through written reports, fieldwork assessment, and oral presentations.  Prerequisite: Community Nutrition course. | | | | | |
| **Topics Covered:** | | | | | |
|  | Students will be assigned to various institutions**,** organizations**,** and schools based on specific criteria outlined in the theoretical topics and sub-topics of the course. This placement will be supported with appropriate documentation and conducted at relevant sites. | | | | |
|  | final oral presentation. | | | | |
| **Course Learning Outcomes:** | | | | | |
| After completing this course, students would be able to: | | | | | |
|  | **Develop Culturally & Age-Appropriate Educational Materials** Design nutrition education content tailored to the cultural background and literacy level of the target audience. | | | | |
|  | **Conduct Health Assessments** Evaluate individuals, groups, and populations through screenings (e.g., height and weight) across various settings. | | | | |
|  | **Promote Sustainable Practices** Implement procedures that support sustainability, minimize waste, and reduce workplace hazards in nutrition practice settings. | | | | |
|  | **Deliver Nutrition Education** Present nutrition-related topics using formats like classes, pamphlets, instructional materials, or written reports. | | | | |
|  | **Apply Behavior Change Strategies** Address health and nutrition needs through behavior-focused strategies—especially for groups like workers, pregnant/lactating women, infants, and children. | | | | |
|  | **Implement the Nutrition Care Process (NCP) u**se standardized nutrition language and follow the NCP with individuals and populations of diverse ages and health statuses. | | | | |
|  | **Demonstrate Teamwork and Engagement a**ctively contribute in group settings, displaying strong collaboration and participation. | | | | |
|  | **Report and Reflect on Activities** document and communicate educational initiatives and professional practices via reports, bulletin boards, pamphlets, and presentations. | | | | |
| **Textbooks:** | | | | | |
| 1 | **Boyle, M., & Holben, D.** (2006). Community Nutrition in Action: An Entrepreneurial Approach (4th ed.). Thomson Wadsworth Publishers, Australia. | | | | |
| 2 | **Mohan, L. K.** (2010). Krause’s Food and the Nutrition Care Process (13th ed.). Elsevier, Canada. | | | | |
| **Course Assessment:** | | | | | |
| **No.** | | **Assessment Tasks** | | **Mark** | |
|  | | Assignments and reports | | 50 | |
|  | | Field work assessment | | 30 | |
|  | | Oral presentation | | 20 | |
| **Total** | | | | **100** | |