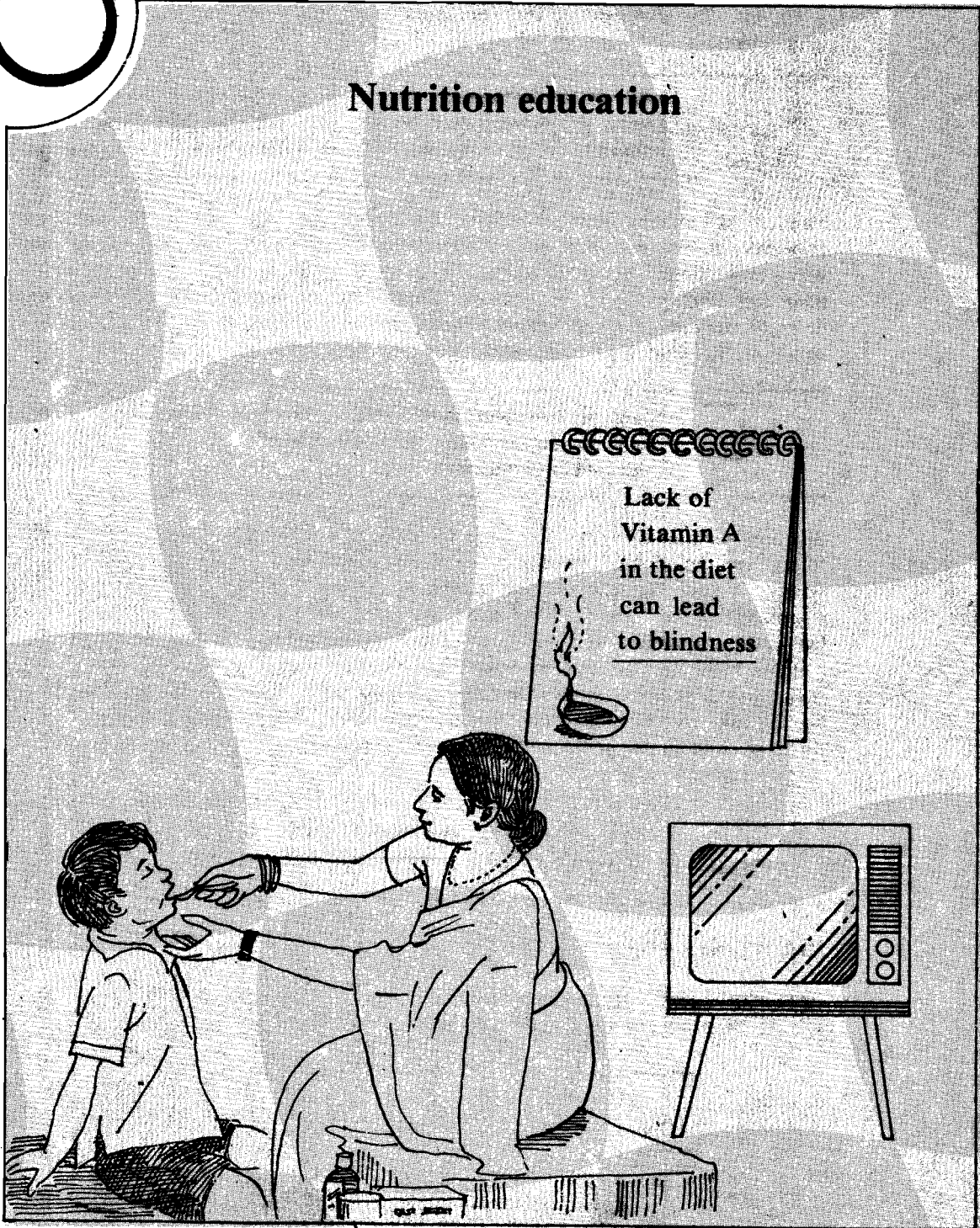


6

Nutrition education



Nandita has recently been appointed as the anganwadi worker in village Sompur. She received a report from her supervisor. The report indicated that most of the preschool children of the area were suffering from vitamin A deficiency (i.e. they show signs like night blindness/bitot/spot/ conjunctival xerosis/corneal xerosis) and the most women of child bearing age had anaemia (haemoglobin level between 8-10 g/100 ml). She also received the fresh stock of vitamin A dose and iron and folic acid tablets.

<div style="border: 1px solid black; padding: 2px; width: 30px; margin: 0 auto;"> <p style="text-align: center; margin: 0;">?</p> <p style="text-align: center; margin: 0;">One</p> </div>	<p>Under which programmes the commercially prepared doses of vitamins and minerals are given to vulnerable sections of the community. What is the basis of these programmes? (5 marks)</p>
---	---

Nandita started her campaign of giving the tablets and vitamin A dose to the needy. However, she was not successful in her attempt. The response from people was not very encouraging. They didn't agree to take these tablets or syrup. According to them they were not suffering from any illness. They suspected that these tablets may do more harm to them than provide benefits. Nandita found herself in a difficult situation. She wanted to help people. But they were not ready to accept it.

<div style="border: 1px solid black; padding: 2px; width: 30px; margin: 0 auto;"> <p style="text-align: center; margin: 0;">?</p> <p style="text-align: center; margin: 0;">Two</p> </div>	<p>Can you give solution to Nandita's problem? What should Nandita do to encourage people to take the benefits of nutrition programmes? (8 marks)</p>
---	--

She took certain steps and after a month Nandita noticed that women were willing to take the tablets. They readily brought their children to anganwadi for giving vitamin A dose. Nandita was encouraged by the response. She now wanted to improve the diet of people. She started it with children. She noticed that spinach, fenugreek and bathua was available in the village in plenty. She wanted village children to be familiar with the benefits of eating green leafy vegetables. She knew that teaching children about something involves much different techniques than she had used for teaching adults. She used simple but interesting methods for teaching children the benefits of eating green leafy vegetables. She got very good response from children.

<div style="border: 1px solid black; padding: 2px; width: 30px; margin: 0 auto;"> <p style="text-align: center; margin: 0;">?</p> <p style="text-align: center; margin: 0;">Three</p> </div>	<p>What measures do you think Nandita would have adapted for motivating children to have green leafy vegetables daily? (7 marks)</p>
---	---

GUIDELINES FOR ANSWERING

First Step: Identify the relevant blocks and units from theory which help you in solving the problems given under this activity

<div style="border: 1px solid black; padding: 2px; width: 30px; margin: 0 auto;"> <p style="text-align: center; margin: 0;">?</p> <p style="text-align: center; margin: 0;">One</p> </div>	<p>.....</p>
<div style="border: 1px solid black; padding: 2px; width: 30px; margin: 0 auto;"> <p style="text-align: center; margin: 0;">?</p> <p style="text-align: center; margin: 0;">Two</p> </div>	<p>.....</p>
<div style="border: 1px solid black; padding: 2px; width: 30px; margin: 0 auto;"> <p style="text-align: center; margin: 0;">?</p> <p style="text-align: center; margin: 0;">Three</p> </div>	<p>.....</p>

Second Step: Jot down the relevant points from theory in the blank space provided here

Major Nutrition Programmes and their basis

--

Various nutritional aids which can be used for educating adults and children.

--

Third Step: Hints or clues for answering

?
One

- Give the names and write in about four to five sentences the basis or the reason for running such programmes

?
Two

- Discuss how Nandita will approach people.
- Write in detail about the methods (at least three) which Nandita in her capacity could adopt for educating the people of village.
- Discuss the methods which Nandita will use for teaching young children. Remember that these methods would be much different than she used for teaching adults.