

Open Working Group proposal for

Sustainable Development Goals



Nutrition Education for Sustainable Development

“Nutrition is both a maker and a marker of development, Improved nutrition is the platform for progress in health, education, employment, empowerment of women and the reduction of poverty and inequality, and can lay the foundation for peaceful, secure and stable societies



Ban ki moon – United nations 8th secretary general.

NUTRITION IS ESSENTIAL FOR THE SUCCESS OF ALL THE SDGS

Optimal nutrition is essential for achieving several of the Sustainable Development Goals, and many SDGs impact nutrition security. Nutrition is hence linked to goals and indicators beyond Goal 2 which addresses hunger. A multisectoral nutrition security approach is necessary for success.



NUTRITION AND DIETETICS COURSES

- Basic and Advanced Food & Nutrition
- Meal Management
- Public Health Nutrition
- Institutional Management and Catering
- Nutrition through Life cycle
- Experimental Foods & Processing Techniques
- Dietetics
- Emergency Nutrition



What Students Learn.....

Basic and advanced Nutrition

Nutrients
Cookery Principles
Kitchen Equipments Proper Use
Food Composition
Importance of Balanced Diet
Interpretation of Nutritional survey Data
Use of Food Composition table

Meal Management

Meal Management process
Smart Food Purchasing
Shopping Aids Use
Menu Planning
Table Setting and Etiquettes
Food safety and Hygiene Practices
Food Preservation Techniques
Efficient ways of Kitchen Organization
Time and Energy Management

Public Health Nutrition

Nutritional Assessment Methods
Nutrients
Food security importance
Food Processing and Fortification
Nutrition Related health Problems of poverty and affluence
Prevention Strategies for Malnutrition
Promoting Appropriate Diet and healthy Lifestyles

What Students Learn...

Nutrition Through Life Cycle

Nutrition Requirement during stages Of Life

Emergency Nutrition

Refugee and displaced population in the developing world
Major Food and Nutrition challenges faced by IDP
Types of Feeding and Nutrition supplementation.

Dietetics

Principles Of Diet therapy
Food Composition Table
Exchange List Use for menu Planning
Dietary modification according to condition/diseases
Planning and preparation of therapeutic diets.

What students Learn.....

Institutional Management and Catering

Food service system development approach.
Quantity Food Production
Menu planning, Recipe standardization and portion control.
Food Quality Management
Cost control techniques
Sanitation and Safety Practices
Management of Physical Facilities

Experimental Foods & Processing techniques

Objective and Subjective methods of Food Evaluation
Importance of Food science
Importance of Colloidal chemistry in Food science.

BASIC & ADVANCED NUTRITION

Identify sources, functions and properties of nutrients in foods

Able to Plan and evaluate Diets.

Cookery methods that maintain maximum nutritive value

Able to screen signs of malnutrition

Kitchen Garden

3 GOOD HEALTH AND WELL-BEING



4 QUALITY EDUCATION



5 GENDER EQUALITY



Nutrition Through Life Cycle

Identify nutritional needs, conditions and interventions from preconception to old Age

Nutritional and health counselling of family and community members

3 GOOD HEALTH AND WELL-BEING



4 QUALITY EDUCATION



MEAL MANAGEMENT

Identify Good buying practices

Learn to be a smart consumer

Efficient Resource management

Personal hygiene and kitchen sanitation practices.

Practical application of Meal Services

Nutritive Calculation of Planned Menus

Food Preservation techniques

6 CLEAN WATER AND SANITATION



12 RESPONSIBLE CONSUMPTION AND PRODUCTION



3 GOOD HEALTH AND WELL-BEING



INSTITUTIONAL MANAGEMENT AND CATERING

Understand how Food service organization works

Standardization Of Recipes

Identify sanitation and safety hazards in food processing

Plan menus for food services and able to do quantity food production

Quality management Audits of a facility

6 CLEAN WATER AND SANITATION



3 GOOD HEALTH AND WELL-BEING



12 RESPONSIBLE CONSUMPTION AND PRODUCTION



Experimental Foods & Processing Techniques.

Better understanding of food sciences

Able to develop recipes with substitute ingredients

Subjective and Objective Evaluation of Food Products

3 GOOD HEALTH AND WELL-BEING



2 ZERO HUNGER



PUBLIC HEALTH NUTRITION

Understand the concept of food security and causes of malnutrition

Can Support in creating nutritional awareness of families and communities

Understand the importance of food, culture, values for nutritional counselling

Understand the prevention strategies for malnutrition

Can support in designing interventions programs for preventing community health problems

4 QUALITY EDUCATION



2 ZERO HUNGER



3 GOOD HEALTH AND WELL-BEING



Generally, we all think that apple is one of the best sources of iron but it only contains 0.3 mg which does not fulfill your daily requirements.



EMERGENCY NUTRITION

Understand food and nutrition requirement in emergency

Able to identify and plan to support emergency food programs



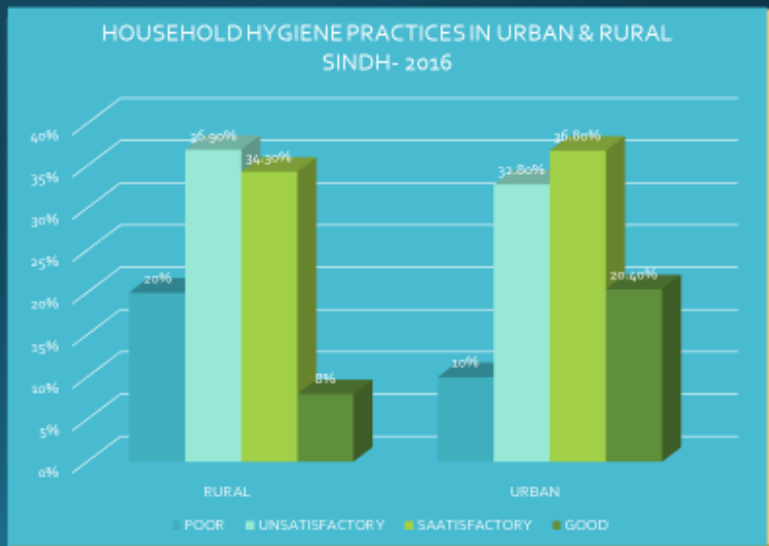
DIETETICS



RESEARCHES



- Food security
- Food Analysis
- Standardization of Recipe
- Nutritional Survey
- Food consumption and Expenditure
- Assessing the Nutritional Knowledge
- Dietary management Practices
- Food safety and Hygiene Practices





• WHAT WE NEED TO DO



Which world would you prefer to live in?

