

In the name of God
Kermanshah University of Medical Sciences
The School of Nutrition Sciences and Food Technology

Lesson Plan

Course Title: Food and Nutrition Planning

Audience: Master's Degree Students in Nutrition, Semester 2

Consultation Hours: Saturday 14:00-13:00

Prerequisite Course: None

Course Delivery Time: Sunday 8:00-10:00

Instructors: Dr. Jalal Moludi, Dr. Amir Saber

Semester: First - 1403 - 1404 2023-2024

Course Designer: Dr. Jalal Moludi

General Objective of the Course:

The importance of nutrition planning in relation to health and diseases and understanding various intervention methods and their evaluation.

General Objectives of Sessions: (One objective for each session)

1. Familiarization with the concept of nutritional planning, its importance, and applications in health and disease.
2. Understanding the concept and definitions of food security over time and the trends of food security in Iran and the world.
3. Familiarization with the components and design of nutritional programs at the community level.
4. Understanding various community-based nutritional intervention strategies.
5. Familiarization with nutritional planning aimed at improving food security in Iran and the world.
6. Familiarization with the optimal food basket for the Iranian population.
7. Understanding the WIC nutritional support program.
8. Familiarization with nutritional interventions related to food insecurity.
9. Stages of planning and managing food and nutrition programs, analyzing the situation using planning, implementation, and evaluation models.

10. Nutritional policies in Iran.
11. Evaluation (Process) of nutritional programs.
12. Economic evaluation of nutritional programs.
13. Setting short-term and long-term goals and evaluating them.
14. Familiarization with nutritional planning aimed at improving food security in Iran and the world.
15. Stages of planning and managing food and nutrition programs, analyzing the situation using planning, implementation, and evaluation models.
16. Nutritional policies in Iran.

Specific Objectives for Each Session:

First Session:

General Objective: Familiarization with the concept of nutritional planning, its importance, and applications in health and disease.

Specific Objectives:

1. Understanding the main causes of mortality in Iran and the world in recent decades.
2. Familiarization with the nutritional transition in Iran and the world.
3. Understanding the importance of nutritional planning in controlling and preventing non-communicable diseases.

At the end of the session, students should be able to:

1. Explain the importance of nutritional planning in reducing the risk of chronic diseases.

Second Session:

General Objective: Familiarization with the concept and definitions of food security over time and the trends of food security in Iran and the world.

Specific Objectives:

1. Understanding the definitions of food security over time.
2. Familiarization with essential components for achieving sustainable food security.
3. Understanding factors affecting the sustainability of food security in communities.

At the end of the session, students should be able to:

1. Provide a complete and comprehensive definition of food security.
2. Identify factors affecting food security in their community.

Third Session:

General Objective: Familiarization with the components and design of nutritional programs at the community level.

Specific Objectives:

1. Understanding the background and components of community-based nutritional program design.
2. Familiarization with the role of needs assessment in designing community-based nutritional programs.
3. Understanding various risk factors and determinants affecting the nutritional status and health of the community.

At the end of the session, students should be able to:

1. Identify the priority nutritional problems in their community based on needs assessment.
2. Recognize risk factors and determinants of nutritional problems in their community.
3. Identify stakeholders in implementing their nutritional program.

Fourth Session:

General Objective: Familiarization with various community-based nutritional intervention strategies.

Specific Objectives:

1. Understanding behavior change approaches in community-based nutritional programs.
2. Familiarization with food-based approaches in community-based nutritional programs.
3. Understanding food and nutrition policy approaches in community-based nutritional programs.

At the end of the session, students should be able to:

1. Develop an appropriate nutritional approach to solve community problems based on nutritional priorities and determinants.

Fifth Session:

General Objective: Familiarization with nutritional planning aimed at improving food security in Iran and the world.

Specific Objectives:

1. Understanding nutritional programs aimed at improving food security in Iran and other countries.
2. Familiarization with challenges facing nutritional programs aimed at improving food security in Iran and the world.

At the end of the session, students should be able to:

1. Describe the most important programs implemented to improve food security.
2. Anticipate challenges and opportunities for improving food security in their community and propose solutions.

Sixth Session:

General Objective: Stages of planning and managing food and nutrition programs, analyzing the situation using planning, implementation, and evaluation models.

Specific Objectives:

1. Understanding the stages of planning.
2. Identifying a group of individuals in the community at nutritional risk.
3. Determining the target population whose nutritional needs are unmet.
4. Assessing how well existing programs or services meet the needs of the target population.

At the end of the session, students should be able to:

1. Describe a comprehensive program and design it.

Seventh Session:

General Objective: Nutritional policies in Iran.

Specific Objectives:

1. Familiarization with nutritional policies in Iran, including supplementation and fortification, and their evaluation.
2. Understanding the weaknesses of existing programs and how to address them.

At the end of the session, students should be able to:

1. Understand the overall health system programs and the possibility of redesigning new programs.

Eighth Session:

General Objective: Evaluation (Process) of nutritional programs.

Specific Objectives:

1. Understanding evaluation methods and types of objectives.
2. Familiarization with components of evaluation.
3. Understanding the timing of each evaluation method.

At the end of the session, students should be able to:

1. Evaluate a program based on the components of the evaluation method.

Ninth Session:

General Objective: Economic evaluation of nutritional programs.

Specific Objectives:

1. Understanding economic evaluation methods and their applications.
2. Familiarization with QALI.

At the end of the session, students should be able to:

1. Evaluate a program based on economic evaluation methods.

Tenth Session:

General Objective: Impact evaluation.

Specific Objectives:

1. Understanding methods for evaluating short-term and long-term objectives.
2. Familiarization with the appropriate timing for an evaluation based on the type of intervention and its objectives.

At the end of the session, students should be able to:

1. Evaluate a program based on its objectives.

Eleventh Session:

General Objective: The optimal food basket for the Iranian population.

Specific Objectives:

1. Understanding the concept of the optimal food basket for Iranians.
2. Defining the optimal food basket for Iranians.
3. Describing the applications of the optimal food basket at macro and regional levels.
4. Explaining how to design the optimal food basket.

Twelfth Session:

General Objective: The optimal food basket for the Iranian population.

Specific Objectives:

1. Understanding the components and important notes in the optimal food basket for Iranians.

At the end of the session, students should be able to:

1. Recognize the dietary recommendations in the optimal food basket for Iranians.
2. State the required amount and percentage of energy and nutrient needs met by the optimal food basket for Iranians.
3. Describe the contribution of macronutrients (carbohydrates, fats, and proteins) to energy supply from the optimal food basket for Iranians.
4. Explain the dietary recommendations and suggestions in the optimal food basket for Iranians.
5. Understand the limitations in the optimal food basket for Iranians.

Thirteenth Session:

General Objective: Familiarization with the WIC nutritional support program.

Specific Objectives:

1. Understanding the concept of the WIC nutritional support program and how it is implemented.

At the end of the session, students should be able to:

1. Know the WIC nutritional support program and its implementation history.
2. Explain the levels of implementation of the WIC nutritional support program.

3. State the objectives of the WIC nutritional support program.
4. Describe the benefits of implementing the WIC program.
5. Understand the priorities for enrolling individuals in the WIC nutritional support program.
6. Explain the advantages of enrolling in the WIC nutritional support program.

Fourteenth Session:

General Objective: Familiarization with nutritional interventions related to food insecurity.

Specific Objectives:

1. Understanding the concept of food insecurity and how to manage it at the community level.

At the end of the session, students should be able to:

1. Understand the concept of food insecurity.
2. Explain how to assess food insecurity at the community level.
3. Describe the concepts of Availability and Access.
4. Understand the criteria for individuals being at risk of malnutrition, as well as the concepts of malnutrition and nutritional intervention.
5. Know the stages of planning to address food insecurity risks.

Fifteenth Session:

General Objective: Familiarization with nutritional interventions related to food insecurity.

Specific Objectives:

1. Understanding how to assess and manage food insecurity and malnutrition at the community level.

At the end of the session, students should be able to:

1. Understand how to assess malnutrition at the community level.
2. Explain the general principles of assessing food security.
3. Describe the objectives of assessing food security.
4. Know the various stages of food security assessment.
5. Recognize how to collect data and provide nutritional support.

References:

1. "Planning National Nutrition Programs: A Suggested Approach," Office of Nutrition, Bureau of Technical Assistance, Agency for International Development, Jan. 2010.
2. Food and Nutrition Planning., FAO, Nutrition Consultants Reports Series No. 35, Rome, 2000 (ESN: CRS/75/351).
3. Barton R. Burkhalter, "A Critical Review of Nutrition Planning Models and Experience," Community Systems Foundation, Ann Arbor, Mich., USA, Dec. 1974.

Teaching Methods:

- Lectures, group discussions.

Teaching Aids:

- PowerPoint, Distance Learning System, Skype, Adobe Connect.

Assessment and Evaluation:

- Oral Quiz: 10% (Weekly)
- Midterm Exam: 30% (20/09/1403 - 11:12)
- Final Exam: 50% (10/11/1403 - 10:12)
- Active Participation in Class: 10% (All Sessions)

Course Regulations and Expectations from Students:

Students are expected to:

- Attend classes regularly, complete assignments, and participate in discussions.
- Use other credible scientific resources and websites.
- Coordinate with the mentioned instructors for class arrangements.
- Be prepared to answer questions from the previous topics in each session.
- Keep their mobile phones off during class.

Schedule for the Food and Nutrition Planning Course:

| Day and Time of Session | Topic | Instructor | Date | Teaching Method / Aids |

| Sundays 10:00-08:00 | Familiarization with the components and design of community nutritional programs | Dr. Saber | 1/7/1403 | Lecture, Q&A, Class Discussion (PowerPoint) |

Familiarization with various community-based nutritional intervention strategies | Dr. Saber | 8/7/1403 | Lecture, Q&A, Class Discussion (PowerPoint) |

Familiarization with nutritional planning aimed at improving food security in Iran and the world | Dr. Saber | 15/7/1403 | Lecture, Q&A, Class Discussion (PowerPoint) |

Familiarization with the optimal food basket for the Iranian population | Dr. Saber | 22/7/1403 | Lecture, Q&A, Class Discussion (PowerPoint) |

Familiarization with the components and important notes in the optimal food basket for Iranians | Dr. Saber | 29/7/1403 | Lecture, Q&A, Class Discussion (PowerPoint) |

Familiarization with the WIC nutritional support program and its implementation | Dr. Saber | 6/8/1403 | Lecture, Q&A, Class Discussion (PowerPoint) |

Understanding the concept of food insecurity and how to manage it at the community level | Dr. Saber | 13/8/1403 | Lecture, Q&A, Class Discussion (PowerPoint) |

Understanding how to manage malnutrition at the community level | Dr. Saber | 20/8/1403 | Lecture, Q&A, Class Discussion (PowerPoint) |

Familiarization with the concept of nutritional planning, its importance, and applications in health and disease | Dr. Moludi | 27/8/1403 | Lecture, Q&A, Class Discussion (PowerPoint) |

Nutritional policies in Iran | Dr. Moludi | 4/9/1403 | Lecture, Q&A, Class Discussion (PowerPoint) |

Evaluation (Process) of nutritional programs | Dr. Moludi | 11/9/1403 | Lecture, Q&A, Class Discussion (PowerPoint) |

Economic evaluation of nutritional programs | Dr. Moludi | 18/9/1403 | Lecture, Q&A, Class Discussion (PowerPoint) |

Setting short-term and long-term goals and evaluating them | Dr. Moludi | 24/9/1403 | Lecture, Q&A, Class Discussion (PowerPoint) |

Stages of planning and managing food and nutrition programs, analyzing the situation using planning, implementation, and evaluation models | Dr. Moludi | 26/9/1403 | Case Study, Q&A, Class Discussion (PowerPoint) |

Understanding the concept and definitions of food security over time and the trends of food security in Iran and the world | Dr. Moludi | 30/9/1403 | Case Study, Q&A, Class Discussion (PowerPoint) |

Fortifications | Dr. Moludi | 30/10/1403 | Case Study, Q&A, Class Discussion (PowerPoint) |

Instructor's Name and Signature: Dr. Jalal Moludi

Submission Date: 20/06/1403

Department Head's Name and Signature: Dr. Jalal Moludi

EDO Supervisor's Name and Signature: Dr. Bashiri