# NUTRITION AND DIETETICS FOR HEALTH, WELLNESS AND PRODUCTIVITY TRAINING

## Introduction

Nutrition and Dietetics is a comprehensive course designed to equip participants with the knowledge and practical skills required to understand the relationship between food, nutrition, health, and disease prevention. The course focuses on promoting healthy dietary practices, improving nutritional status, enhancing workplace wellness, and supporting informed food choices for individuals, families, and communities. In today's corporate environment, nutrition plays a critical role in employee health, productivity, mental performance, disease prevention, and overall well-being. Poor dietary habits contribute significantly to non-communicable diseases such as obesity, diabetes, hypertension, cardiovascular diseases, and certain cancers, which can negatively impact workforce productivity and increase healthcare costs. This training provides participants with evidence-based nutrition knowledge, practical dietary planning skills, and strategies for adopting healthy lifestyles. It emphasizes balanced nutrition, healthy eating habits, food safety, nutrition across the life cycle, weight management, disease prevention, workplace wellness, and current trends in nutrition and dietetics. The course combines theoretical concepts with practical applications to enable participants to make informed dietary decisions and promote healthy living within their workplaces and communities.

## Course Objectives

- Explain fundamental concepts and principles of nutrition and dietetics.
- Identify essential nutrients and describe their functions in the human body.
- Analyze the relationship between nutrition, health, and disease prevention.
- Apply principles of balanced diet planning for different population groups.
- Evaluate nutritional needs across various stages of the life cycle.
- Demonstrate knowledge of food safety, hygiene, and quality assurance practices.



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- Assess dietary habits and identify nutrition-related risk factors.
- Develop healthy eating plans for weight management and wellness promotion.
- Explain nutritional management of common lifestyle and chronic diseases.
- Promote workplace wellness through evidence-based nutrition interventions.
- Interpret nutrition labels and make informed food purchasing decisions.
- Advocate for healthy lifestyles and behavior change within organizations and communities.

## Course Modules

### > Module 1: Introduction to Nutrition and Dietetics

- Definition of nutrition and dietetics
- Importance of nutrition in health promotion
- Basic concepts of food and nutrients
- Nutrition and human health
- Principles of healthy eating
- Current nutrition challenges
- Nutrition transition and lifestyle diseases

### > Module 2: Human Nutrition and Essential Nutrients

- Macronutrients:
- Micronutrients:
- Water and hydration
- Functions of nutrients
- Sources of nutrients
- Nutrient deficiencies and excesses

### > Module 3: Balanced Diet and Meal Planning

- Food groups and dietary guidelines
- Balanced diet principles
- Meal planning techniques
- Portion control
- Nutrient requirements
- Healthy food substitutions
- Budget-friendly meal planning

### > Module 4: Nutrition Through the Life Cycle

- Maternal nutrition
- Infant and young child feeding
- Nutrition for preschool children
- School-age nutrition
- Adolescent nutrition
- Adult nutrition
- Nutrition for older persons
- Special nutritional needs

**> Module 5: Food Safety, Hygiene and Sanitation**

- Principles of food safety
- Food contamination
- Foodborne diseases
- Personal hygiene
- Safe food handling practices
- Food storage and preservation
- Workplace food safety standards

**> Module 6: Nutrition and Non-Communicable Diseases (NCDS)**

- Obesity
- Hypertension
- Diabetes Mellitus
- Cardiovascular diseases
- Cancer and nutrition
- Metabolic syndrome
- Preventive nutrition strategies

**> Module 7: Weight Management and Healthy Lifestyles**

- Causes of overweight and obesity
- Energy balance
- Physical activity and nutrition
- Healthy weight management
- Diet myths and misconceptions
- Behavior modification techniques
- Sustainable lifestyle changes

**> Module 8: Workplace Wellness and Corporate Nutrition**

- Employee nutrition and productivity
- Nutrition and mental performance
- Workplace wellness programs
- Stress and nutrition
- Healthy workplace eating habits
- Healthy canteen initiatives
- Corporate health promotion strategies

**> Module 9: Nutrition Assessment and Counselling**

- Nutrition assessment methods
- Dietary assessment tools
- Anthropometric measurements
- Nutrition screening
- Nutrition education techniques
- Behavior change communication
- Nutrition counselling skills

**> Module 10: Current Issues and Emerging Trends in Nutrition**

- Functional foods
- Organic foods
- Food fortification
- Nutraceuticals
- Sustainable diets
- Climate-smart nutrition
- Digital nutrition tools
- Future trends in dietetics



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