

Applied Nutrition Programmes

HEALTH

Nutrition surveys and investigations
Recording clinical and anthropometric data in clinics, schools, etc.
Preventive measures against infectious diseases
Training health personnel in nutrition
Food hygiene in markets, shops, eating places, institutions
Supplement foods for young children, pregnant and lactating women
Nutrition and cookery demonstrations at maternal and child health centres, antenatal, postnatal and child welfare clinics with emphasis on diet during pregnancy and lactation, breast-feeding and weaning practices, and child feeding
Nutrition rehabilitation centres
Under-five clinics
Nutrition and health education for hospitalized patients and outpatients
Nutrition education of the public

EDUCATION

Breakfast and/or midday meals
Catering for boarders
School gardens (horticultural activities)
Animal production (poultry, rabbits, pigeons, guinea pigs, etc.)
Food and nutrition education in the classroom and through the medium of the above activities
Food and nutrition in home economics, health education, science
Introduction of nutrition education into curricula of primary, secondary, and teacher training schools
Food and nutrition in out-of school activities, youth clubs, cooperatives, etc.
Food and nutrition activities in parent's associations
Community participation in food and nutrition activities in the school

AGRICULTURE (INCLUDING LIVESTOCK PRODUCTION AND FISHERIES)

Increasing production and use of animal protein

Milk production and milk processing
Poultry: hens, ducks, geese, etc.
Fish ponds
Fishing: ocean and inland waters
Small animal production: guinea pigs, rabbits, etc.
Meat production: cattle, goats, sheep, etc.
Activities related to the above: disease control, feeding schemes (e.g. controlled grazing; preparation of animal and poultry feedstuffs), watering places

Increasing production and use of vegetable protein

Increasing ratio of cereal to root production
Improving varieties and yields of cereals
Increasing indigenous legumes
Introducing new legumes
Improving production of crops with fertilizers, rotation, pest control, mechanization, improved seed, hybrid varieties irrigation

Horticulture

Increasing production of vegetables and fruits
Home and community gardens and orchards
School gardens and orchards
Urban schemes of fruit and vegetable growing including allotments and backyard garden
Production of improved seeds
Demonstration projects
Horticultural teaching
General method of improving productions (see under „vegetable protein“)

Extension

Agricultural extension and education
Home economics extension and education

General methods, which include increasing availability of calories

Improved cultivation methods – ox ploughing, tractors, crop rotation, fertilizers and composts, erosion control
Irrigation including bore holes, dam construction, etc.
Improved seeds, i. e. hybrid and other high yield varieties, high nutrient varieties
Food storage and pest control

Food protection and processing
Improved transport and marketing chains

COMMUNITY DEVELOPMENT

Nutrition education of the public – using talks, demonstrations, mass media, learning by doing
Homecraft teaching: food storage in the home, food preservation and processing (canning and bottling, cheese-making), cooking methods to maintain nutritive value, family budgeting
Nutrition as part of adult literacy programmes
Organization of women's groups, youth clubs, community centres
Instruction in weaning foods and toddler diets in collaboration with the health services
Cottage industries related to food products.

COOPERATIVES

Cooperative marketing of staple food crops

Cooperative marketing of dairy and poultry products

Use of cooperatives for improving agriculture – supply of fertilizer, tested seed, insecticides, setting standards for produce, extension work, etc.

Cattle and similar cooperatives

Retail cooperatives: general stores, butchers, dairies, etc.

COMMERCE AND INDUSTRIE

Manufacture or production of low-cost, protein-rich food supplements for children

Industrial processing of other foods: canning of meat, fish, horticultural products; drying milk, manufacture of fish meal, meat powder, etc.

Enrichment of milled cereals and other foods with protein, amino acids, minerals, vitamins

Salt iodization

Feeding schemes for workers

Production of animal feedstuffs

Consumer information by means of mass media (daily or weekly food market reports)

TRANSPORT AND COMMUNICATIONS

Improving channels of transport and marketing of food

Improving communications and access to mass media

Improving means of transport for farmers and farm produce (e.g., improving roads), making available cheap carts for farmers, bus services, commercial vehicles, refrigerated transport

GENERAL

Legislation to permit the establishment of a nutrition committee or other nutrition services, to ensure enrichment of cereals, iodization of salt, fluoridation of water; to control the advertising of weaning foods, carbonated beverages, etc.