

BES315 Mother and Child Nutrition

Faculty of Health Sciences- Compulsory course

Credit: 3 ECTS: 5



Course Description: This course focuses on reproductive health, breastfeeding practices, and the regulation of nutrition during childhood, aiming to equip individuals with the knowledge to foster the development of healthy individuals within society.

Course Outcomes:

- Understand the physiological aspects of reproduction and maternal health, incorporating sustainable practices for reproductive well-being.
- Demonstrate knowledge of optimal breastfeeding techniques, emphasizing its role in maternal and infant health, considering environmental sustainability.
- Apply evidence-based strategies to regulate childhood nutrition, emphasizing sustainable and locally sourced dietary practices.
- Develop skills to assess and address nutritional challenges during pregnancy and childhood, incorporating sustainability considerations for community well-being.
- Formulate guidelines for promoting sustainable and culturally sensitive nutrition practices during pregnancy and early childhood.
- Advocate for policies and practices supporting maternal and child nutrition, emphasizing sustainability and long-term societal well-being.