



TRINITY COLLEGE FOR WOMEN NAMAKKAL

DEPARTMENT OF NUTRITION & DIETETICS

**DIET COUNSELLING
EVEN SEMESTER**

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TEACHING AIDS USED BY DIETICIANS

Extension teaching methods are the tools & techniques used to create situations in which communication can take place between the patients & the dietitians or health professionals. These are the methods of imparting new knowledge & skills to the people by drawing their attention towards such technologies, thereby arousing their interest and helping them to have a successful experience of the new practice. A proper understanding of these methods and their selection for a particular type of work is necessary.

TYPES OF TEACHING AIDS

Home visit

Home visit constitutes the direct or face-to-face contact by a health professional with the patient or the members of his family. During these visits, information is exchanged or discussed. The visits may be to get acquainted with the problems of the patients. Such visits provide an opportunity for a two-way communication.

Method demonstration

It is used to show the technique of doing things or carrying out new practices e.g. formation of new nutritious recipe etc. This method is usually used for groups of people.

Result demonstration

Result demonstration is meant for proving the advantages of recommended practices and to demonstrate their applicability to the local conditions. It is conducted under the direct supervision of a professional. It is designed to teach others, in addition to the person who conducts the demonstration. It helps the people to learn by seeing & doing. This method can be used to show the superiority of practices, such as curd culture, value addition, hygienic handling of foods, etc.

Group discussion

All the people cannot be contacted by professionals individually because of their large number. It is convenient & feasible to contact them in groups. This method is commonly known as group discussion. It is used to encourage & stimulate the people to learn more about the problems that concern the community through discussion. It is a good method of involving the local people in developing local leadership & in deciding on a plan of action in a democratic way.

Exhibition

An exhibition is a systematic display of information, actual specimens, models, posters, photographs, and charts, etc. in a logical sequence. It is organised for arousing the interest of the clientele in the things displayed. It is one of the best media for reaching a large number of people, especially illiterate & semi-literate people. Exhibitions are used for a wide range of topics, such as planning a model, showing high-yielding and nutritious food products, new agricultural implements and the best products of food industries.

Campaign

Campaign is used to focus the attention of the people on a particular problem, e.g. milk adulteration, vaccination and prevention of communicable and non communicable diseases, tick control etc. Through this method, maximum number of people can be reached in the shortest possible time. It builds up community confidence and involves the people emotionally in a programme.

Field tour

Conducted tours for people are used to convince them and to provide them with an opportunity of seeing the results of new practices and products, skills, etc. and to give them an idea regarding the suitability & application of these things in their own area. Such tours may also be arranged to enable the people to visit places & institutions (connected with the problems of rural life), such as research institutions, training institutions, agricultural universities, model villages, areas of advanced developments, leading private farms, exhibitions, and agricultural & cattle fairs/dairy mela.

Print media

Newspapers, magazines, bulletins, leaflets, folders, pamphlets and wall newsheets are another set of mass media for communicating information to a large number of literate people. They are used for communicating general & specific information on a programme of technology or a practice. Small folders, leaflets & pamphlets are used to give specific recommendations about a practice, such as clean production of food, vaccination schedule, detection of milk adulterants, etc.

Radio

It is one of the most powerful media of communication. It is a mass medium of communication and can reach a large number of people at any given time involving the least expense. Professionals use the radio for communicating information on new methods & techniques, giving timely information about the control of diseases animal pests, weather, market news, etc. For this purpose, talks, group discussions, folk-songs, dialogues & dramas are usually broadcast. There are radio programmes broadcast by All India Radio (AIR), FM (frequency modulated) radio, community radio, etc.

Television

It combines both audio & visual impact and is very suitable for the dissemination of information. It is more useful in teaching to do a specific job. A beginning has been made in India for using this medium for development programmes and it is expected that its use will become more extensive in the coming years. At present, along with the Government-owned channel (Doordarshan), several other private channels are telecasting various kinds of entertainment and developmental programmes to reach the viewers.

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