

EARLY YEARS – CONCEPT NOTE

The modules are designed to build participant knowledge and understanding around three basic questions:

1. **What:** This involves understanding basic concepts and key information about the theme.
2. **Why:** Why is it important to know about this?
3. **How:** How could one take action to ensure that the theme is addressed aptly in everyday life for optimum health and nutrition?

FOOD - BASIC CONCEPTS | MICRONUTRIENT DEFICIENCIES – BASIC CONCEPTS | IMMUNIZATION | GROWTH MONITORING | DIARRHOEA - BASIC CONCEPTS

- The Food - Basic Concepts module provides basic information on food intake and nutrition. It outlines the major functions of various foods that we consume on a regular basis. The module categorizes food groups based on their nutritional significance, and highlights ways in which foods from various food groups can be incorporated into the daily diet to make them diverse yet nutritious.
- The Micronutrient Deficiencies - Basic Concepts module details the common micronutrient deficiencies prevalent in India. It provides relevant information about iron deficiency (anaemia), Vitamin A deficiency and iodine deficiency disorders.
- The Immunization module highlights the purpose and benefits of complete immunization, and emphasizes the need for the same. It acquaints participants with the immunization schedule and card used under the government scheme.
- The Growth Monitoring module explains the meaning and need for growth monitoring. It acquaints participants with the growth charts used under government schemes, and lays down case studies for interpretation and optimal use of these charts.
- The Diarrhoea module explains diarrhoea and its harmful consequences, and touches upon how to best manage this illness. Additionally, it provides information on food and water safety measures.