**APPLIED NUTRITION**

**Maj/H.Eco-FN-403**

**Course checklist**

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| **Food and Population:** **World population perspective with special reference to Pakistan. Social, economic and environmental factors**  | <https://socialprotection.org/discover/blog/population-growth-inflation-and-food-insecurity-pakistan>Research paper<https://www.researchgate.net/publication/235293188_Status_and_factors_of_food_security_in_Pakistan> |
|  **Application of methods of nutritional assessment.**  | <https://www.slideshare.net/soharashed/assessment-of-nutritional-status> |
| **Planning of nutritional surveys** | <http://www.nutrisurvey.de/baseline/part_1.htm> |
| **Nutrition Intervention Strategies and Planning of Nutrition Programs.**  | Book :COMMUNITY NUTRITION FOR DEVELOPING COUNTRIES chapter 21<https://www.aupress.ca/app/uploads/120255_99Z_Temple_Steyn_2016-Community_Nutrition_for_Developing_Countries.pdf>Research paper<https://drive.google.com/open?id=1XZBzwoD7zjsEspu82Z7KPOpYA55l_mpd><https://www.slideshare.net/davidmbwiga1990/steps-in-designing-nutrition-programme?qid=f3b74dbe-7d82-48ec-82d9-32009d34ebc4&v=&b=&from_search=1> |
| **Human Nutrition and Food Toxicology** | Introduction<https://www.youtube.com/watch?v=ogpwl2SjPoQ&list=PL-i0el7lmTenq1CDe7P-uH0G3u9KOLlJa&index=6><https://www.youtube.com/watch?v=47olz32dVC8&list=PL-i0el7lmTenq1CDe7P-uH0G3u9KOLlJa&index=7><https://www.youtube.com/watch?v=ju3EWHAq5p8&list=PL-i0el7lmTenq1CDe7P-uH0G3u9KOLlJa&index=8>Plant toxins<https://www.youtube.com/watch?v=dBcS_-WrTIE>animal toxins<https://www.youtube.com/watch?v=hzKMemSsuMg&list=PL-i0el7lmTenq1CDe7P-uH0G3u9KOLlJa&index=9> |