**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> |