



Erasmus + VET Strategic Partnership

IENE 8 - Empowering migrant and refugee families with parenting skills

Bite sized Learning Tool no. 2.1.

TITLE OF THE TOOL - NUTRITION & HYGIENE

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AUGUST 2019



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*This project has been funded with support from the European Commission.
This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.*

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TITLE: 2.1. NUTRITION & HYGIENE (0-24 MONTHS)

2.1. NUTRITION & HYGIENE

LEARNING OBJECTIVES

1. The first objective of this bite-size learning module is to present the key aspects for nutrition and hygiene for infants aged 0 to 24 months old.
2. The second objective is to identify the basic principles for refugee and migrant parents, in order to address their children's nutrition and hygiene aspects.
3. The third objective of this bite-size learning unit is to raise awareness regarding the aspects of nutrition and hygiene for refugee and migrant parents.

WHAT IS NUTRITION & HYGIENE?

The key definition for nutrition is: *“the process of providing or obtaining the food necessary for health and growth”* (<https://www.dictionary.com/>). Moreover, nutrition is nourishment or energy that is obtained from food consumed or the process of consuming the proper amount of nourishment and energy. An example of nutrition is the nutrients found in fruits and vegetables. An example of nutrition is eating a healthy diet.

The key definition for hygiene refers to: *“conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness”* (<https://www.dictionary.com/>). Moreover, hygiene is the practice of keeping yourself and your surroundings clean, especially in order to prevent illness or the spread of diseases. Be extra careful about personal hygiene.

The relevance of the above element to IENE 8 project, resides in the importance of these issues in the context of assisting refugee and migrants parents with parenting skills.

NUTRITION

Nutrition is the process of taking in nutrients from the foods you eat. Learn about the six nutrients needed for energy, maintenance of tissues and regulation of bodily processes: carbohydrates, fats, proteins, water, vitamins and minerals. The seven main elements of nutrition that a body needs include: Water, Carbohydrates, Protein-Amino acids, Fat, Vitamins, Minerals and Omega-3 fatty acids.

Based on the global infant and young child feeding recommendations developed by the World Health Organisation in 2002, the Infant and Young Child Feeding (IYCF) Guideline was developed in 2004. The guideline stresses the following IYCF strategies:

- Exclusive breastfeeding during the first six months (exclusive breastfeeding is defined as giving only breastmilk and no other food or fluid including water except medication).
- Start optimal complementary feeding at six months with continuation of breastfeeding for the first two years or beyond (complementary feeding means giving solid or semisolid food to a child in addition to breastmilk).

Maternal and childhood undernutrition. Undernutrition contributes to more than 50% of all deaths in children under the age of five. It does this by impacting on children's strength and making illness more dangerous. An undernourished child struggles to withstand an attack of pneumonia, diarrhoea or other

illness — and illness often prevails. Undernutrition is caused by poor feeding and care, aggravated by illness. The children who survive may become locked in a cycle of recurring illness and slow growth, diminishing their physical health, irreversibly damaging their development and their cognitive abilities, and impairing their capacities as adults. If a child suffers from diarrhoea — due to a lack of clean water or adequate sanitation, or because of poor hygiene practices — it will drain nutrients from his or her body.

The importance of good nutrition.What we eat and drink to help keep us alive and well, to help us grow, develop, work and play is called food. Food is anything edible. It includes all foods and drinks acceptable for that particular society, culture or religion.

Food gives us a feeling of comfort and satisfaction. Eating certain foods establishes our identity. What we eat and how we eat makes up our food habit. Most of our food habits are learned in the home from our parents. As we grow up, our experience and learning help us to change some of these food habits. You are learning about food and nutrition in order to be able to teach and help mothers to change their food habits for the better.

A nutrient is an active chemical component in food that plays a specific structural or functional role in the body's activity. Sugars, starches and fibre are often grouped together as they are all carbohydrates. Vitamins and minerals are needed in very small amounts and they are called micronutrients.

HYGIENE

What is personal hygiene? Personal hygiene is a concept that is commonly used in medical and public health practices. It is also widely practised at the individual level and at home. It involves maintaining the cleanliness of our body and clothes. Personal hygiene is personal, as its name implies. In this regard, personal hygiene is defined as a condition promoting sanitary practices to the self. Everybody has their own habits and standards that they have been taught or that they have learned from others. Generally, the practice of personal hygiene is employed to prevent or minimise the incidence and spread of communicable diseases.

Public health importance of personal hygiene. The knowledge and practice of personal hygiene are vital in all our everyday activities. The purposes are:

- Preventing faeco-orally transmitted diseases. The fingers may get contaminated with one's own faeces, either directly or indirectly. Activities during defecation and child bottom-washing are additional opportunities for the contamination of the fingers that facilitate the transmission of infections.
- Aesthetic values of personal hygiene. A person with clean hands is proud while eating because they feel confident of preventing diseases. A teacher in a school is always happy to see their students with clean faces and eyes, and dressed in clean clothes. A mother is mentally satisfied to feed her infant with clean hands because she ensures the preservation of her child's health.
- Social impact. A person with poor personal hygiene might be isolated from friendship because telling the person about the situation might be sensitive and culturally difficult.

KEY POINTS

Regarding nutrition:

1. Food contains chemical substances called nutrients and these are found in varying amounts and combinations in different foods. Nutrients are the part of food which the body uses to:build tissues, produce energy, keep healthy.

2. The mother initiates breastfeeding within one hour of birth. Initiating breastfeeding within one hour protects the infant from disease by providing the thick, yellowish first milk (colostrum) which is the equivalent to the infant's first vaccine.
3. The mother breastfeeds frequently, day and night. The mother should allow the infant to breastfeed on demand (as often as the infant wants). This means feeding every two to three hours (8–12 times per 24 hours) or more frequently if needed, especially in the early months. The mother needs to breastfeed frequently to stimulate milk production.

Regarding hygiene:

1. Personal hygiene is a necessity for our daily activities. It is very important for the protection of our health and helps to prevent the spread of communicable diseases.
2. Personal hygiene applies to all parts of the body, but hand hygiene is probably the most important for public health.
3. The procedures that apply in personal hygiene (such as handwashing and oral hygiene) need to be followed strictly to gain the best results.

Please also refer the relevant PowerPoint presentation for this bite-size learning unit.

ACTIVITY

QUESTIONS REGARDING NUTRITION

1. What are the consequences of different types of malnutrition?
2. Why is chronic undernutrition a serious problem for developing countries?

QUESTIONS REGARDING HYGIENE

1. Identify at least 6 components of personal hygiene.
2. The purpose of handwashing is to get rid of microorganisms from our hands. Suppose you want to educate family members on proper handwashing and demonstrate the correct procedure to follow. What will you tell them to do?

REFLECTION ON ONE ISSUE FROM THIS BITESIZED TOOL

Use this space to write down your answers to the questions of the above activities.

NUTRITION

HYGIENE

SELF ASSESSMENT

NUTRITION: Think of some of the food types usually consumed in your community. What nutrients do these foods have and what nutrient do you think they might lack?

HYGIENE: One day at a wedding, you observe some guests lining up for handwashing, while other people have started to eat the feast without handwashing. Among those who washed hands, some used soap, while others just used running water without soap. Are these acceptable or poor handwashing practices?

REFERENCES

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3. WHO Infant and young child feeding:
<https://www.who.int/news-room/fact-sheets/detail/infant-and-young-child-feeding>
4. WHO guidelines for hygiene:
<https://www.who.int/gpsc/5may/tools/9789241597906/en/>
5. Good personal hygiene:
<https://www1.health.gov.au/internet/publications/publishing.nsf/Content/ohp-enhealth-manual-atsi-cnt-l~ohp-enhealth-manual-atsi-cnt-l-ch3~ohp-enhealth-manual-atsi-cnt-l-ch3.7>
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7. UNICEF hygiene promotion:
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8. Open Learning course of hygiene:
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ANSWERS TO QUESTIONS REGARDING NUTRITION IN ACTIVITY SECTION:

A/A	ANSWER
1	The consequences of malnutrition (undernutrition) for children are illness and death. For those who survive, many have mental impairment and reduced capacity to produce and contribute to the economy. Malnutrition reduces mental development and, thus, will mean slower learning throughout life. Iodine deficiency results in irreversible impairment of intellectual capacities. Vitamin A deficiency, if untreated, can lead to blindness.
2	Malnutrition reduces work productivity, as stunted, less educated and mentally impaired adults are less productive. For example, time is lost to economic activities in looking after sick children and days are lost from school. This will have a negative impact on economic growth and poverty reduction efforts of developing countries.

ANSWERS TO QUESTIONS REGARDING HYGENE IN ACTIVITY SECTION:

A/A	ANSWER
1	1 Hair hygiene; 2 Face hygiene; 3 Body hygiene; 4 Hand hygiene; 5 Feet hygiene; 6 Nail hygiene; 7 Armpit hygiene; 8 Oral hygiene; 9 Eye hygiene.
2	Handwashing with soap is a good or acceptable personal hygiene practice, while not washing with soap and only washing with running water is poor handwashing practice. Not washing the hands at all is obviously not good!

ANSWER FOR SELF ASSESSMENT ACTIVITY REGARDING NUTRITION:

Examples of food types you might have listed include ‘teff’ or maize, which mainly provide carbohydrates; peas and beans, which provide protein; ‘gommen’ which is good source of vitamin A and iron and oranges, which provide vitamins. These foods do not have everything so they need to mix them to get all the nutrients we need.

ANSWER FOR SELF ASSESSMENT ACTIVITY REGARDING HYGIENE:

The stepwise procedure is: a) Remove visible dirt with running water. Always wash hands under running water, preferably with hot water, b) Apply soap after wetting the hands. Bar, powdered and liquid soaps can be used. Lather well, c) Rub hands vigorously together for 15–30 seconds, paying particular attention to fingertips, thumbs, under the fingernails and between the fingers. Effective handwashing also includes the backs of the hand, palms and exposed portion of the arm, d) Rinse the hands with clean running water, e) Dry with a clean cloth or disposable towel, or let them dry in the air.