

SESSION 6/8: Nutritional Counselling (step 3)**Messages: Critical Nutrition Practices (CNP)**

1. Have periodic nutritional status assessments.
2. Increase energy needs through a balanced diet.
3. Maintain high levels of sanitation and food hygiene.
4. Practice positive living behaviours.
5. Carry out physical activity or exercises.
6. Drink plenty of clean, safe water.
7. Seek prompt treatment for all opportunistic infections and manage diet-related symptoms.
8. Manage drug-food interactions and side-effects.
9. Children (below 6 months) on exclusive replacement feeding should receive Vitamin A and if not on commercial formula, put on multivitamins.

SESSION 7/2: Visit to CCC**Field visit observations**

- Explain the CCC system. How is nutrition integrated with other services?
- What nutritional care and support services/activities are provided? Why? What key messages are communicated?
- Which guidelines does the CCC use? What challenges do staff face in using the guidelines? How do they overcome them?

SESSION 7/1: Visit to CCC**Session objectives**

By the end of the session, participants should be able to:

Describe how to apply the knowledge learned in the course.

SESSION 7/3: Visit to CCC**Field visit observations cont.**

- What data are collected? How are they analysed? When and by whom? What are the indicators reported? What is their reporting system?
- What are the challenges of providing nutritional services? How do staff address the challenges?
- What changes can be made in the CCC to improve the quality of nutritional services provided?