

Unit ID: 687

Domain

CIVIL SOCIETY IN DEVELOPMENT

Title:

Advise communities about healthy nutrition, hygiene and sanitation as part of civil society organisation

Level: 4

Credits:5

Purpose

This unit standard specifies the competencies required to advise about healthy nutrition, hygiene and sanitation. It includes describing good nutrition, hygiene and sanitation requirements and giving advice about them to communities. This unit standard is intended for those who advise community members about healthy living.

Special Notes

1. The importance of good nutrition, hygiene and sanitation is of particular relevance for people living with HIV and AIDS, tuberculosis and malaria and those who are care givers and/or bringing up children.
2. Assessment evidence may be collected from a real workplace, a simulated real workplace or an appropriate simulated realistic environment in which advice to local communities is given.

Quality Assurance Requirements

This unit standard and others within this subfield may be awarded by institutions which meet the accreditation requirements set by the Namibia Qualifications Authority and the Namibia Training Authority and which comply with the national assessment and moderation requirements. Details of specific accreditation requirements and the national assessment arrangements are available from the Namibia Qualifications Authority and the Namibia Training Authority. All approved unit standards, qualifications and national assessment arrangements are available on the Namibia Training Authority website www.nta.com.na.

Elements and Performance Criteria

Element 1: Describe good nutrition requirements.

Range

The level of knowledge needed is that which relates to good nutrition in a domestic setting.

Food groups consist of carbohydrates, proteins, fruit and vegetables and fats and sugars.

The concept of food pyramids is an internationally accepted means of ensuring balanced diets.

Performance Criteria

- 1.1 Food groups and essential nutrients are listed and the importance of a balanced diet to good health is outlined in terms of food pyramids.
- 1.2 Foods in Namibia are listed and their nutritional values are described and correctly ascribed to their food groups and geographic region.
- 1.3 The importance of good nutrition is described in terms of healthy growth and lifestyles.

Element 2: Identify hygiene requirements.

Range

The level of knowledge needed is that which appertains to good hygiene in a domestic setting.

Water borne diseases include but are not limited to bilharzia (schistosomiasis), typhoid fever and dengue fever.

Performance Criteria

- 2.1 Hygiene requirements are explained in respect of food shopping, storage and preparation.
- 2.2 Personal hygiene is explained in terms of maintaining healthy lifestyles.
- 2.3 Water safety requirements are explained in terms of healthy lifestyles and regional and locality specific factors.
- 2.4 Preventative measures for malaria and waterborne diseases are explained in the context of practicable family measures.

Element 3: Identify sanitation requirements.

Range

The level of knowledge needed is that which appertains to domestic sanitation.

Performance Criteria

- 3.1 Hygienic disposal of human waste is explained in the context of practicable family and/or community procedures.
- 3.2 Hygienic disposal of food waste is explained in the context of practicable family and/or community procedures.

Element 4: Advise community members about nutrition, hygiene and sanitation.

Range

The means of giving advice are through face-to-face, graphic and written communications.

Face-to-face communications may be to an individual, a family and/or a community group.

Graphic and written communications will include but are not limited to letters, posters, leaflets and fliers.

Sensitivity to local language needs means that communications may be translated into local languages, and/or graphical and demonstration support is used.

Performance Criteria

- 4.1 The advice given is demonstrated to meet the needs of the recipient(s).
- 4.2 The method of communicating is demonstrated to meet the needs of the situation.
- 4.3 Sensitivity to local language needs is evidenced.
- 4.4 Feedback from the recipient(s) of the advice is sought.
- 4.5 Feedback is used to modify communication.

Registration Data

Subfield:	Civil Society Management
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Body responsible for review:	The Steering Group for CSMT&A