

Health Nutritional Knowledge



Understanding Nutrition – A Vital Skill for Nursing Students

Cooking Demonstration – Weaning Diet

Understanding healthy nutritional facts plays a crucial role in disease prevention, supports patient recovery, and empowers individuals to manage illnesses through informed dietary choices.

I-Systems nursing students showcased their knowledge by preparing weaning diets suitable for babies aged 6 to 8 months.



**Participatory
cooking
demonstration**



Participatory cooking demonstrations serve as an effective hands-on learning method, fostering greater engagement compared to traditional auditory or visual teaching strategies. Through these interactive sessions in community settings, students not only grasp essential nutrition concepts and basic culinary skills but also strengthen their interpersonal communication by actively engaging with the audience.

Interested in pursuing a career in nursing?

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