

The Expository Essay

I work at the nursing home dietary department as a Nutritionist where I help the residents on how they can improve their health. For several years many residents have suffered from malnutrition which has resulted to several of them wanting to gain nutritional assistance. The community has continued to strive on ways that they can uplift their health status by always being present for the advice given by the nutritionist. As a result, the group have the desire to learn about new concepts as well as effective education that will assist them in their health life. Furthermore, most of them consider malnutrition as a great disease which should be avoided within the community by eating balanced diets.

The benefits that have been associated with this type of ailment is the fact that many people have changed their way of eating and considered how eating special diet can improve their health. I seeking education from me as a health nutritionist, they have increased their nutrition knowledge, an aspect that they did not have before. Exposure to education and the desire to improve the community has resulted to a healthier community that treats health issues with utmost priority. The elders as well as volunteers who are committed in helping the local people advice them of how it is important to get uplifted with knowledge that can sustain their health. Schools have also learnt that children need to be highlighted on how they can improve their health diet.

In order to communicate effectively with the local community, the health nutritionist gets the help of local people who are well known

and who aspire to improve the community. They try to translate the language from English to the local dialect so as to improve communication. There are children who before the education, had developed malnutrition and their health continued to deteriorate. However, the case has since changed now that they were introduced to nutrition education and their parents took heed of the advice given during the sessions. The children too consider that health nutrition is important for positive growth. Old men who used to drink and avoid eating also learnt that they can affect their health by the practice. They have since changed and they remain committed in uplifting health nutrition.

Some communities will not consider health nutrition to be of great significance as is the case in this community. They hold that one's health must take into account good diet that is ate on a daily basis. In order to achieve this, they are on the frontline seeking the fundamental education as well as making sure that the entire community is effectively involved in the exercise. The special feature is that they always yearn for a health nutritionist to come for education sessions unlike other who will feel that it is a bother. Their participation has resulted to the community being highlighted about health nutrition.