



TECHNICAL REPORT ON STUDENT INDUSTRIAL WORK
EXPERIENCE SCHEME (SIWES)

Siwes Report

UNDERTAKEN AT

PRIMARY HEALTH CARE

ILE-ALAWO JAGUN, OKELELE, ILORIN EAST, KWARA STATE

By:

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CERTIFICATION

This is to certify that this SIWES was carried out by ABDULJELIL, Rasheedat Damilola with Matric Number: ND/23/NAD/FT/0044 in the Department of Nutrition and Dietetics, Institute of Applied Sciences (IAS), Kwara State Polytechnic, Ilorin.

DEDICATION

This SIWES is dedicated to Almighty God, the Author and Finisher of my faith.

ACKNOWLEDGEMENTS

First and foremost, I appreciate Almighty God for giving me the privilege to partake in the Students Industrial Work Experience Scheme (SIWES).

I acknowledge my amiable and dynamic Mr and Mrs. Abduljelil for their financial, moral and spiritual caring and support during the course of my SIWES programme.

I also appreciate my Industrial based supervisor for their patient, endurance, courage and kind support during the course of my stayed in the Primary Health Care.

I wish to also acknowledge my school based supervisor, for their support, encouragement and kind during their visitation to Primary Health Care.

I also acknowledge the effort of my honourable HOD and other lecturers for their words of encouragement during my stay in the citadel of learning.

Finally, I appreciate my colleagues in the same industrial based training, I pray Almighty God will grant us success in all our endeavor (Amen).

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CHAPTER ONE

1.1 Introduction to SIWES

The Student Industrial Work Experience Scheme (SIWES) exposes students to industry based skills necessary for a smooth transition from the classroom to the world of work. It affords students of tertiary institutions the opportunity of being familiarized and exposed to the needed experience in handling machinery and equipment which are usually not available in the educational institutions and seeing firsthand the practical experience of some theoretical knowledge gained in the course of study.

Participation in SIWES has become a necessary pre-condition for the award of Diploma and Degree certificates in specific disciplines in most institutions of higher learning in the country, in accordance with the education policy of government.

1.2 Background to the SIWES

The Student Industrial Work Experience Scheme (SIWES) is an initiative which was established in 1973 by the Industrial Training Fund (ITF) to help bridge the gap between acquired classroom education and skills necessary for work in the industry.

Before the inception of the scheme in 1973, there was glaring evidence that inadequate practical exposure of students in tertiary institutions posed serious challenges to both the quality and standard of engineering and technological education in our nation. This resulted in half-baked engineering graduates who needed to undergo a form of training (Industrial Training) to be suitable for employment in industries and firms.

In order to forestall this threat that could bring about industrial regression, the Federal Government through the Industrial Training Fund (ITF) which was established by decree 47 of 1971 introduced the Student Industrial Work Experience Scheme (SIWES) in 1973.

SIWES exposes students to machines and equipment, professional work methods and ways of safe guarding the work areas and workers in industries and other organizations. It helps the student to know the link between what is

learnt in the university and what is actually practiced on site. It further helps students to appreciate their field of study better, thereby also determining which area of specialization to go into to contribute to technological development of this nation.

The scheme involves the students, the universities and the industry (employers). It is funded by the Federal Government of Nigeria and jointly coordinated by the National Universities Commission (NUC) and the ITF.

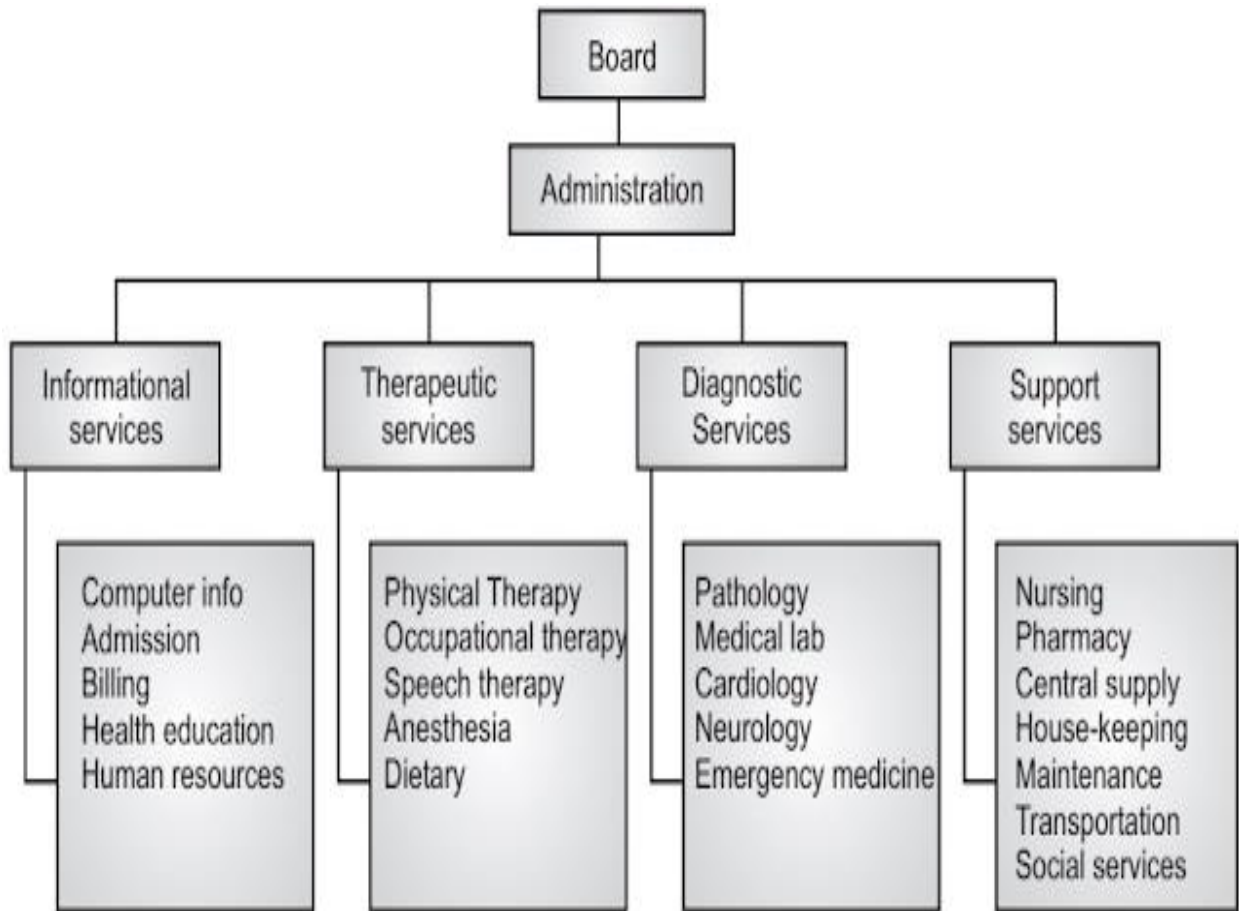
SIWES orientation is usually done to intimate students with the rudiments of industrial training before they are being employed. At the end of the industrial training (IT), successful students whose log books were verified and approved by ITF officials are paid SIWES severance allowance.

1.3 Objectives of SIWES

- i. Provides the student with an opportunity to apply their theoretical knowledge in real work situation thereby bridging the gap between theory and Practical.
- ii. Provides an avenue for students in tertiary institutions to acquire industrial skills and experience in their course of study.
- iii. Expose students to work methods and techniques in handling equipment and machinery that may not be available in universities.
- iv. Familiarizing the student for the working conditions they are likely to meet after graduation; and
- v. Make the transition from the university to the world of work easier and thus enhance student's contacts for later job placement.

CHAPTER TWO

2.1 Organization Structure



2.2 Breast Feeding

Breast feeding of a babies is very essential or important for the babies to benefit the exclusive breast feeding for the first six months (0 – 6months) without mixing with other food.

2.3 Anthropometric Measurement of a Baby

Anthropometric measurement are used to assess growth, maintain development and nutritional status of a baby.

2.4 Common Anthropometric Measurement

The following are the common anthropometric measurement which are;

- i. Weight measurement
- ii. Head circumference (cm)

- iii. Crown toheel circumference (cm)
- iv. Mid-upper arm circumference (MUAC)

2.5 How to Measure Weight for Age

Weight for age is a nutritional assessment that compare a child's weight to their age. Its an effective way to;

- i. Identify malnutrition (under-weight or over-weight)
- ii. It is a way of monitoring growth and development of a child

CHAPTER THREE

INVOLVEMENT IN THE PRIMARY HEALTH CARE CENTRE

3.1 Ingredient Used for Fruit Salad

The following are the fruits used for fruit salad.

- 1 red or green apple.
- 2 tangerines or small oranges, peeled.
- 12 black or green grapes.
- 1 medium banana, peeled.
- 2 kiwi fruits, peeled.
- 1 large thick slice of pineapple, fresh or canned.
- 1 glass of fresh unsweetened orange juice - you can also use grape, pineapple or apple juice.

3.2 Preparation of Tom Brown (Dried Pap)

Tom brown is a dried pap made from a mixture of roasted grains and fortified with groundnuts, crayfish, and dried fish.

3.3 Ingredients for Tom Brown

The following are the ingredients used for Tom Brown Pap; namely.

- i. Soybeans
- ii. Wheat
- iii. Dried fish
- iv. Maize
- v. Groundnuts
- vi. Millet
- vii. Crayfish

3.4 Benefits of Tom Brown Pap

The following are the benefits of tom brown pap. Namely;

- i. Support healthy growth and development in children
- ii. Boost energy levels and physical performance
- iii. Supports weight management

3.5 Preparation of Yam and Potato Porridge

In the clinic, I was thought how to prepare yam and potato porridge for pregnant women and their children from 6 months to 1year.

3.6 Ingredients Used in Preparing Yam and Potato Porridge

The below are the lists of the ingredient used for the preparation of yam and potato porridge.

- i. Yam
- ii. Potatoes
- iii. Pepper
- iv. Onions
- v. Dried fish
- vi. Cray fish
- vii. Seasonings
- viii. Palm oil
- ix. Ugwu (fluted pumpkin leaf)
- x. Locust beans (iwu woro)

3.7 Nutrients Counselling

Nutrient counseling is a guided process that helps individuals to educate and guide them on proper nutrition and healthy eating habits.

Nutrition counselling helps to;

- i. To improve overall health and well-being
- ii. Manage chronic diseases (e.g diabetes, heart diseases)
- iii. To achieve weight management

3.8 Benefit of Counselling

The following are the benefit of counseling.

- i. Eat healthier foods
- ii. Manage weight
- iii. Boost energy

3.9 Malnutrition

Malnutrition can be defined as a condition that occurs when the body doesn't receive the necessary nutrients, vitamins and minerals needed for the optimal health.

3.10 Types of Malnutrition

The following are the types of malnutrition.

- i. Under nutrients (deficiency) inadequate calorie and nutrient intake
- ii. Over nutrition (excess) consuming excessive calorie and nutrients
- iii. Micro nutrients deficiency: lack of essential vitamins and minerals.

3.11 Causes of Malnutrition

The under listed are the causes of malnutrition. Namely;

- i. Poor diet quality
- ii. Insufficient food intake
- iii. Infections (tuberculosis, HIV/AIDs)

3.12 Protein

Protein are important building blocks for healthy growth and development.

Protein Excess signs in children

Too much proteins given to children can cause obesity, heart problems and diabetes later in life.

Good protein sources for children

The following are the good protein sources for children. Namely;

- i. Fish, chicken, turkey (lean meats)
- ii. Beans, peas (legumes)
- iii. Eggs
- iv. Soy products e.g soybean cake (Beske)

3.13 Complimentary Feeding

Complimentary feeding refers to the introduction of solid foods to an infants diet in addition to breast milk or formula, to provide essential nutrients for growth and development.

Complimentary Food Group

The following are the complimentary food group;

- i. Fruits e.g banana, avocado, pineapple
- ii. Vegetable e.g sweet potatoes, pumpkin
- iii. Protein sources e.g chicken, fish, beans
- iv. Whole grains e.g oat meal, brown rice
- v. Dairy product e.g Yoghurt, cheese

Benefit of Food Group

The following are the benefit of good group. Namely;

- i. Support optimal growth and development
- ii. Reduces risk of nutritional deficiencies
- iii. Encourage healthy eating habits
- iv. Helps develop social skills during meal time.

CHAPTER FOUR

4.1 Problems Encountered During The Training

The success of my training is undisputed, but it was not devoid of rough edges. I experienced some challenges, among these are:

- **The issue of expensive transportation:** I have to spend an average of 800 Naira every day for transport with remuneration.
- **Dedication to Work (other interns)**
In the office some interns were not ready to be dedicated to the job as I was, so this was a great burden upon me because every member of staff in the department was depending on me to carry out assignments when there were other hands. This make me work overtime sometimes.
- **Limited Hands-on Experience:** Sometimes, students are doing menial tasks or not getting enough opportunities to engage in meaningful work related to their field of study. This can hinder their learning experience and growth.
- **Poor Supervision:** Inadequate supervision or lack of guidance from mentors within the organization leave students feeling lost or unsure about their responsibilities and tasks.
- **Technological Challenges:** Primary Health Care, like many organizations, have outdated equipment or technology. This make it difficult for students to learn modern techniques or software used in their field.
- **Communication Barriers:** Students face challenges in communicating effectively with staff or understanding instructions due to differences in communication styles, accents, or languages.
- **Workload and Time Management:** Balancing academic commitments with the demands of the internship can be overwhelming for students.
- **Safety Concerns:** Depending on the nature of the work, students encounter safety hazards or risks in the workplace. It's essential for the organization to prioritize the safety of interns and provide necessary training and equipment.

CHAPTER FIVE

CONCLUSION AND RECOMMENDATION

5.1. Conclusion

With regards to the 16 weeks industrial training undergone, I can strongly attest to the fact that the student industrial work experience scheme is a highly important program for all Nutrition and Dietetics students. This training has exposed me to skills that a Nutritionist and Dietetic needs to utilize and apply in their field, bridged the gap between theory and practical aspect and has also given me a sense of professional work ethics as Nutritionist.

The office provides citizens and the patients information about their nutritional needs. I am proud of my field now than I was before, knowing full well that without us the human being will be in the darkness of what is needed to consume in their stomach.

5.2 Recommendation

Industrial training is an important programme that is necessary for all undergraduates. It exposed students to practical aspect of the theories been thought in the classroom. It also gives students insight of what is happening in the labour market.

I will recommend the followings;

- i. That the school should be monitoring the welfare of the students while they are in the SIWES programme.
- ii. That the ITF should provide necessary placement for the students so that there will be more space/placement for the students to do their SIWES programme.
- iii. The government should invest more in the SIWES programme by building companies so that student can get more placement.