

NUTRITION FOR HEALTH

EMBRACING OUR NAMIBIAN FOOD SYSTEMS

FACILITATORS' MANUAL



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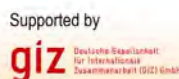


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INTRODUCTION & OVERVIEW

This facilitators' manual is your guide to facilitate practical and participatory training sessions on nutrition in Namibia, after having gone through your own training-of-facilitators.

This manual starts by providing you with the programme for the 2-day workshop (page IX), followed by brief remarks on 'facilitation' and how it is different from 'teaching'.

Brief **descriptions of all sessions** over the course of 2 days are on **pages 2-5** and these are essential for you to familiarize yourself with to understand the overall dynamics of this course.

More in-depth instructions for all exercises and information sessions are then in Chapter 3, followed by Chapter 4, containing helpful background information on key content, so that facilitators are sufficiently knowledgeable when having to present information and are answering questions. Chapter 5 then offers additional 'tips for facilitating' interactive sessions.

Chapter 6 contains all worksheets that need to be printed, followed by the last 2 Chapters offering a list of abbreviations and explanations of the most important terms, as well as a list of references and additional sources for further reading and finding more information.

The **training-of-facilitators workshop** for this facilitators' manual (offered by NAFSAN in close collaboration with GIZ-F4R) allows you to provide practical and culturally sensitive nutrition advice at a basic level for individuals and communities. Be aware, this does not enable you to provide any form of medical advice and you are urged to refer anyone with specific medical questions or conditions to respective medical professionals in private practice, hospitals, clinics or to community health workers.

Training Duration: 2 days **Number of Participants:** 20 (ideally) & 24 (max.)

OBJECTIVES

The aim of this training manual is to provide clear and practical guidance for facilitators on this **2-day nutrition training** so that they can successfully facilitate training sessions that will:

1. Raise awareness of malnutrition, unhealthy and/or unsafe food-related practices,
2. Increase participants' knowledge and understanding of nutrition and healthy eating,
3. Motivate participants to eat and drink healthier and inspire behaviour change in families and communities,
4. Promote breastfeeding and create better environments for mothers, children and caring fathers.

EXPECTED OUTCOMES

By the end of this 2-day workshop, participants should be able to...

- ☒ Distinguish between different forms of malnutrition, including under- and overnutrition,
- ☒ Explain the significance of good nutrition for individuals, communities, and the nation,
- ☒ Discuss the risks of added and hidden sugars, as well as the overconsumption of fats,
- ☒ Prepare healthy, adequate, and balanced meals based on knowing about food groups,
- ☒ Demonstrate an understanding of the importance of nourishing children during their first 1,000 days,
- ☒ Clarify the need for mothers to breastfeed and to be nourished and supported as well,
- ☒ Illustrate ways in which food can be grown, harvested, processed, and safely prepared,
- ☒ Demonstrate knowledge of different methods to preserve food and reduce food waste,
- ☒ Assess nutrition-related challenges in their lives and take actions to overcome them.

PROGRAMME

DAY 1

- 8h00 Arrival of Participants & Registration – Tea/Coffee to be available
- 8h30 Welcoming & Overview of the Workshop
- 8h45 Introduction Round – 3 specific questions each

Part 1 – Nutrition & Malnutrition

- 9h15 Introduction: Nutrition Quiz – *whole group exercise*
- 9h45 Understanding Malnutrition - Undernutrition – *input & discussions*
- 10h45 Nutrition Break
- 11h15 Understanding Malnutrition - Overnutrition – *input & discussions*
- 11h45 Sugar & Me – *experimental exercise*
- 12h30 Hidden Sugars & Fats – *input & discussions*
- 13h00 *Lunch*

Part 2 – Food Groups & Healthy Eating

- 14h00 The Food We Eat - *exercise & introduction to food groups*
 - 15h00 Food Groups and their Nutritional Value – *input & discussions*
 - 15h30 Nutrition Break
 - 15h45 Nutrition Challenges in Our Lives – *exercise & reflections*
 - 16h45 Closing Round
- End of Day One at 17h*

DAY 2

- 8h00 Arrival of Participants & Registration – Tea/Coffee to be available
- 8h15 Afterthoughts and reflections from the previous day

Part 3 – The Right Start for Our Children

- 8h45 The First 1,000 Days – input & discussions
- 9h00 Maternal Nutrition – exercise & input
- 9h30 Breastfeeding & Complementary Feeding – exercise, reflections & input
- 10h15 Child Nutrition & More – input & discussions
- 10h45 Nutrition Break

Part 4 – Food Systems & Cycles

- 11h15 Agri-Nutrition Linkages: The Food We Grow – exercise & input
 - 11h45 Food Safety & Preparation – input & discussions
 - 12h30 How Do We Conserve Food? – exercise & reflections
 - 13h00 Lunch Break
 - 14h00 Reflecting on our lunch – practical recap
 - 14h15 Food Preservation, Storage & Waste Reduction – input & discussions
 - 15h00 Recap of Workshop – brief summary / reflections
 - 15h15 Nutrition Break
 - 15h30 Challenges, Opportunities & Ways Forward – exercise & joint reflections
 - 16h30 Final Workshop Evaluation
 - 16h45 Closing Round
- End of Nutrition Training at 17h*