

Nutrition for Health

An interactive 3-4 hours training session for community members in informal settlements, as part of the joint *Permaculture Gardening & Nutrition in Urban Communities* project.

Training Outline:

Time	Activity	Facilitator
8:30 +	Arrival & Registration + <i>Water/Fruits</i>	
Session 1 - Introduction		
9:00	Welcoming & Introduction to Workshop and Facilitators	
9:10	Participants' Introduction (Round): 1. My name is... 2. My favorite food is... 3. How many children are in my care...	
Session 2 – What is Malnutrition?		
9:30	Exercise (whole group): Quiz on Malnutrition	
10:00	Input on Malnutrition, incl. Q&A: Part 1 = Undernutrition & Stunting Part 2 = Overnutrition & Healthy Eating	
Session 3 – Breastfeeding & Child Nutrition		
10:40 <i>including refreshments!</i>	Exercise (in pairs): Partner Interview 1. What do I know about breastfeeding, benefits and for how long babies should be breastfed? 2. What are the first solid foods we start giving our children? 3. Are our children eating enough and healthily?	
11:00 <i>+ flyers!</i>	Joint Reflections (<i>First Q1 only, then Q2 + Q3 together</i>) + Input: Breastfeeding, Child Nutrition and Dehydration, incl. Q&A	
Session 4 – Moving Forward		
11:40	Exercise (in groups of 3-4): Exploring Realities a. What did I learn today that I will put into practice, and how will I do that? b. What may I personally need to change in myself or within my household or family? c. How best can we support one another as a community?	
12:00	Final Joint Feedback & Reflections	
12:20	Closing Round: <i>“One thing I will do for my health, is...”</i>	
12:30 = End of Workshop		