

TRAINING CURRICULUM: TRAINING OF TRAINERS¹ for FOOD SECURITY AND NUTRITION

Workshop objectives:

Potential trainers / participants will be able

- To understand the basic concept on Food Security and Nutrition (FSN) and know all relevant presentations related to it;
- To know about structure of a 3 day seminar incl. the analysis and assessment instruments an information sources, general intervention strategies (action in order to improve food and nutrition insecurity)
- to present and facilitate with support of more experienced trainers the FNS contents
- to practice facilitation and presentation techniques and know about basic communication

Participants foreseen are: participants interested in facilitation and moderation from government agencies at national or regional level and NGOs.

OVERVIEW on 4 day workshop

No.	Topics	Contents
1	Understanding of the concept of Food Security and Nutrition (FSN)	<ul style="list-style-type: none"> - Distinguish levels of (social, administrative) organization (Macro, Meso and Micro levels) - definition of food security and nutrition - dimensions/pillars of food security and nutrition - manifestations of food insecurity and malnutrition
2	Relation between food security and nutrition and poverty reduction	<ul style="list-style-type: none"> - the link of food security and nutrition to poverty reduction - MDGs, CMDGs, etc.relevant papers, strategies, policies in Cambodia (CMDG, NSDP)
3	Situation analysis : What do you know (What is?) about the food security and nutrition situation in your country? What are possible interventions/actions to improve the situation? Understanding of FSN indicators	<ul style="list-style-type: none"> ▪ Overview of triple A (project cycle) ▪ Assessment and Analysis of food security and nutrition situation (▪ activities to improve food security and nutrition in current situation (considering the different dimensions) ▪ Common food security and nutrition indicators
4	Transfer of knowledge and integration of FSN in any plans and programmes	<ul style="list-style-type: none"> - Integration of food and nutrition into the existing plans and participants responsibilities and to monitor the implementation of this initiative
5	Basic skills for facilitation	<ul style="list-style-type: none"> ▪ Roles /functions in capacity building (expert vs. facilitator) ▪ Importance of good questions ▪ Importance of visualisation ▪ using visual aids ▪ hints for flipchart ▪ communication/presentation
7	Course Evaluation by participants	<ul style="list-style-type: none"> - Contents, Facilitation, Organization, Materials and logistics, Suggestions for next workshop

¹ The 4 days are structured two fold: two days on contents and two days on methodology. There needs to be flexibility with regard to which aspect is more important. With more experienced trainers it can also be done in three days, by shortening the methodology part.

Curricula/script for training workshop:

Day 1:

Timing	Topics	Detailed Contents	Purpose for this session; Objectives	Learning Experience Training methods	Materials	Responsible facilitator (background)
Morning	Welcome and Opening, introductions: Objectives Participants Working method	Formal and informal welcome to all; introduce all participants to each other and to frame conditions	Everyone should feel comfortable and know all details for the coming three days Hear knowledge on FNS	Moderated opening with participant involvement	Pinborads, markers pen, paper cards, Flipchart posters	
Morning	1. Understanding of the concept of Food Security and Nutrition (FSN)	<ul style="list-style-type: none"> ▪ level of (social, administrative) organization (macro, Meso and Micro levels) ▪ definition of food security and nutrition determinants/pillars of food security and nutrition 	- understanding and clarification (incl. definition) of food security and nutrition and all the inherent aspects + its importance	Presentation mainly BUT: Invite for many questions and discussion ensuring that the concept is really understood;	Pinborads, markers pen, paper cards, Flipchart Posters Computer, screen Porjector or transparency with overheadprojector	
Afternoon		<ul style="list-style-type: none"> ▪ practising presentations of FNS topics 	See how far contents is understood	Check on clear contents and presentation ability		
Afternoon	Continuation	<ul style="list-style-type: none"> ▪ manifestations of food insecurity and malnutrition ▪ UNICEF Schema for putting all aspects together 	The outcome of food and nutrition insecurity gets clear	Use tabel with (medical) terms and pictures	Computer, screen Porjector or transparency with overheadprojector	
Afternoon	2. Relation between food security and nutrition and poverty reduction	<ul style="list-style-type: none"> ▪ the link of food security and nutrition to poverty reduction (MDGs, CMDGs, etc.) ▪ knowing the Cambodian Governm. position 	<ul style="list-style-type: none"> ▪ Importance of food security and nutrition in reducing poverty in Cambodia ▪ gender relevance 	Ready presentation on poverty – FNS; Presentation of CMDG and its context Do a discussion on the MDG and the CMDG, knowing and opinion asking	Copy of MDG and CMDG at hand	

Day 2:

timing	Topics	Contents	Purpose for this session; Objectives	Learning Experience Training methods	Materials	Responsible facilitator (background)
Morning	<p>Programme of the day</p> <p>3. The Situation of food and nutrition security (in Cambodia)</p> <p>= assessment and analysis of a given situation</p> <p>Working with participants' experience Group work introduction</p>	<ul style="list-style-type: none"> Overview of triple A or the project cycle <p>Joint brainstorming: What are sources / persons for getting information on the current FNS situation? Question/task: What do you know about the food security and nutrition situation in your area/province?</p>	<p>Understand the logic of first situation analysis before starting any action</p> <p>Participants start working with the concept</p> <p>p. show their expertise with various aspects of FNS</p>	<p>Today we concentrate on the measures for knowing the situation (assessment and analysis) "Later we will discuss possible actions/interventions to improve it"</p> <p>Self moderated, if help is needed, go and assist, clarify the task</p>	<p>Pinborads, markers pen, paper cards, Flipchart Posters</p> <p>Groups of 5-7 people each; sitting separately Same task for all groups (ca. 60 – 90 min)</p>	
Morning	<p>Understanding of FSN indicators</p> <p>Action/intervention in FNS = activities to improve food security and nutrition in current situation (considering the different dimensions)</p>	<p>Introduction to FSN Indicators (for availability, access, use+utilisation)</p> <p>Question/task: <ul style="list-style-type: none"> What are possible interventions/actions to improve the situation? What do you do so far? What can/needs to be done additionally? </p>	<p>Common food security and nutrition indicators (should focus more on meso and micro indicators)</p>	<p>Participants see need for measuring FNS and know i. For all dimensions</p> <p>Same groups as before (or change if needed) (ca. 60 min); groups can/may be split according dimensions Make sure all 3+1 dimensions are covered</p>	<p>Pinborads, markers pen, paper cards, Flipchart Posters</p>	
Afternoon	<p>Success factors for FNS</p> <p>4. Transfer of knowledge: link of FSN to own working context</p>	<p>Context and programme related factors</p> <p>Question/task: Where do you see possibilities to include FNS into your own working context?</p>	<p>Research results IFPRI</p> <p>Integration of food and nutrition into own working context and create spirit for further cooperation among participants</p>	<p>Presentation</p> <p>Small buzzing groups according to responsibility and background (20 min)</p>	<p>Overhead ofrPC</p> <p>Pinborads, markers pen, paper cards, Flipchart Posters</p>	
Afternoon	Left open questions	Clarify/Deepening of contents issues	Identify need for reading or asking	Discussion, listing points		

Day 3:

timing	Topics	Contents	Purpose for this session; Objectives	Learning Experience Training methods	Materials	Responsible facilitator (background)
Morning	5. Facilitation skills	Progr. for two days Assessing own experiences/skills	Introductio to topic Show method of self assessment, know state of knowledge	Dotting exercise (20 min)	Pinboards, markers pen, paper cards, Flipchart Posters	
Morning	Basic functions	<ul style="list-style-type: none"> ▪ Roles /functions in capacity building (expert vs. facilitator) ▪ Importance of good questions ▪ Importance of visualisation 	Know the basic roles and tools for moderation	Presentation with active participation and example collection	Pinboards, markers pen, paper cards, Flipchart Posters	
Afternoon	Continuation	Communication skills – 4 sides of a message <ul style="list-style-type: none"> ▪ using visual aids ▪ hints for flipchart ▪ communication/presentation 	Presentation with active participants		Overhead ofrPC	
Afternoon	Practical exercising on FNS presentation	<ul style="list-style-type: none"> ▪ seletcd topics of FNS presentations 	Trainees have chance to practice and get feedback	selecetd topics of FNS presentations are prepared and presented by trainees	Pinboards, markers pen, paper cards, Flipchart Posters	

Day 4:

timing	Topics	Contents	Purpose for this session; Objectives	Learning Experience Training methods	Materials	Responsible facilitator (background)
Morning	Progr. of the day Moderation process	What was left unclear from day before? <ul style="list-style-type: none"> ▪ Moderation cycle ▪ Moderation tools 	Show topics to go through for this day Getting familiar with the facilitation steps and instruments	Presentation and active discussion	Flip chart	
Morning	Practical exercising on FNS presentation /preparation	Preparing a FNS workshop	Relate moderation cycle to real situation	Trainees prepare sessions Group work	Pinboards, markers pen, paper cards, Flipchart Posters	
Afternoon	Continuation Presentation	selected topics of FNS presentations		Presentation of groups(individuals)		
Afternoon	continuation 6. ToT assessment participants CLOSING	Short Presentation of groups/individuals <ul style="list-style-type: none"> ▪ Feedback: tool for communication for Contents, own facilitation skills, Organization, Materials and logistics; Suggestions	Understand the meaning and importance of feedback Ask for future FNS involvement Collect feedback for improvement (like/dislike+proposals)	presentation Open discussion, clear feedback needed Distribute certificate Thank Everyone	Pinboards, markers pen, paper cards, Flipchart	