

## AAEP Women in Agriculture

Nutrition Training outline

26-28 October, 2013

*This workshop is to be at the intermediate level and is intended for female extension workers. It will link the kitchen garden to nutrition and nutrition to good health.*

### Day 1 – Nutrition and Health

Health of women and children in Afghanistan

Nutrients involved in immunity and health

Nutritional treatment of health problems

Food security and nutrition

### Day 2 – Nutrients in the kitchen garden

Studies on the evidence for kitchen gardens

Planting for variety and quality micronutrients (what and how)

Medicinal plants that you can grow

Hygiene and health on the farm and at home

Harvesting and storage for optimal nutrients

### Day 3 – Nutrition in the household

Preparing nutritious meals

Reading a recipe

Cooking demonstrations