

Nutrition

Course: Nutrition, food security and livelihoods: Basic concepts



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This course explains the concepts of food and nutrition, malnutrition, food security and livelihoods. Understanding these concepts is indeed very important in order to assess the nutrition situation, design and implement programmes, investments and policies that address nutrition problems (also called “nutrition-sensitive”), and evaluate the nutritional outcomes of programmes, investments and policies.



35 minutes



Available in English, French and Spanish

You will learn about

- Food and Nutrition related concepts and definitions
- Nutrient requirements and balanced diet
- Different forms of malnutrition
- Causes of malnutrition
- Food Security and Livelihoods

Who is the course for?

The course is designed to assist professionals from a variety of sectors (agriculture, livestock, fisheries, health, rural development, education, social protection...) that are involved in shaping and implementing nutrition-sensitive programmes, investments and policies. This includes professionals working for development partners (i.e. international organizations, donor agencies, NGOs), for national governments or as independent consultants.

Key partners

This course was developed under the umbrella of the EU-FAO Programme on "Improved Global Governance for Hunger Reduction", funded by the European Union (EU) and implemented by the Food and Agriculture Organization of the United Nations (FAO).

FAO learning Center



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How to access the course

1. Go to the e-learning center: www.fao.org/elearning, and select the category "Nutrition"
2. Register and log-in with your user name and password.



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 Registration is fast and easy.

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