



Food and Agriculture
Organization of the
United Nations

the enact Course

Education for Effective Nutrition in Action: professional development in nutrition education

JOIN THE AFRICAN UNIVERSITIES THAT ARE ALREADY USING IT!

WHAT IS THE ENACT COURSE?

The aim of ENACT (Education for Effective Nutrition in Action) is to build professional capacities to help people improve their diets. The course uses a practical approach to nutrition education that has students practicing what they have learned, reflecting on problems and case studies, and discussing what works and why.

The course consists of 10 units, plus one optional unit, that cover the basic principles and practice of nutrition education, and includes activities designed to explore real-life application, discover principles in action and apply what is learned.

The Food and Agriculture Organization of the United Nations (FAO) developed the course between 2012 and 2016 after a needs assessment exercise revealed that professional training in this field was almost non-existent and that nutrition education often failed to go beyond imparting information and advice.

WHO IS ENACT FOR?

Institutions training nutrition or health undergraduate/graduate students to become professionals who will carry out nutrition education in the African context.

WHAT ARE THE FORMATS?



Face-to-face: a mix of sessions with tutors and independent work, with coursework available as a set of Adobe pdf documents.

Each unit includes:

- Introduction
- Student Book
- Unit Resources
- Printable Workbook

Face-to-face tutors also receive a tutor's guide, assessment tools for each unit and a full answer key.



Online: intended for distance learning with online tutorial support.

Developed using Moodle, a leading open-source virtual learning platform.

Each unit includes:

- Overview
- 3-7 Lessons
- Conclusions
- Unit Resources

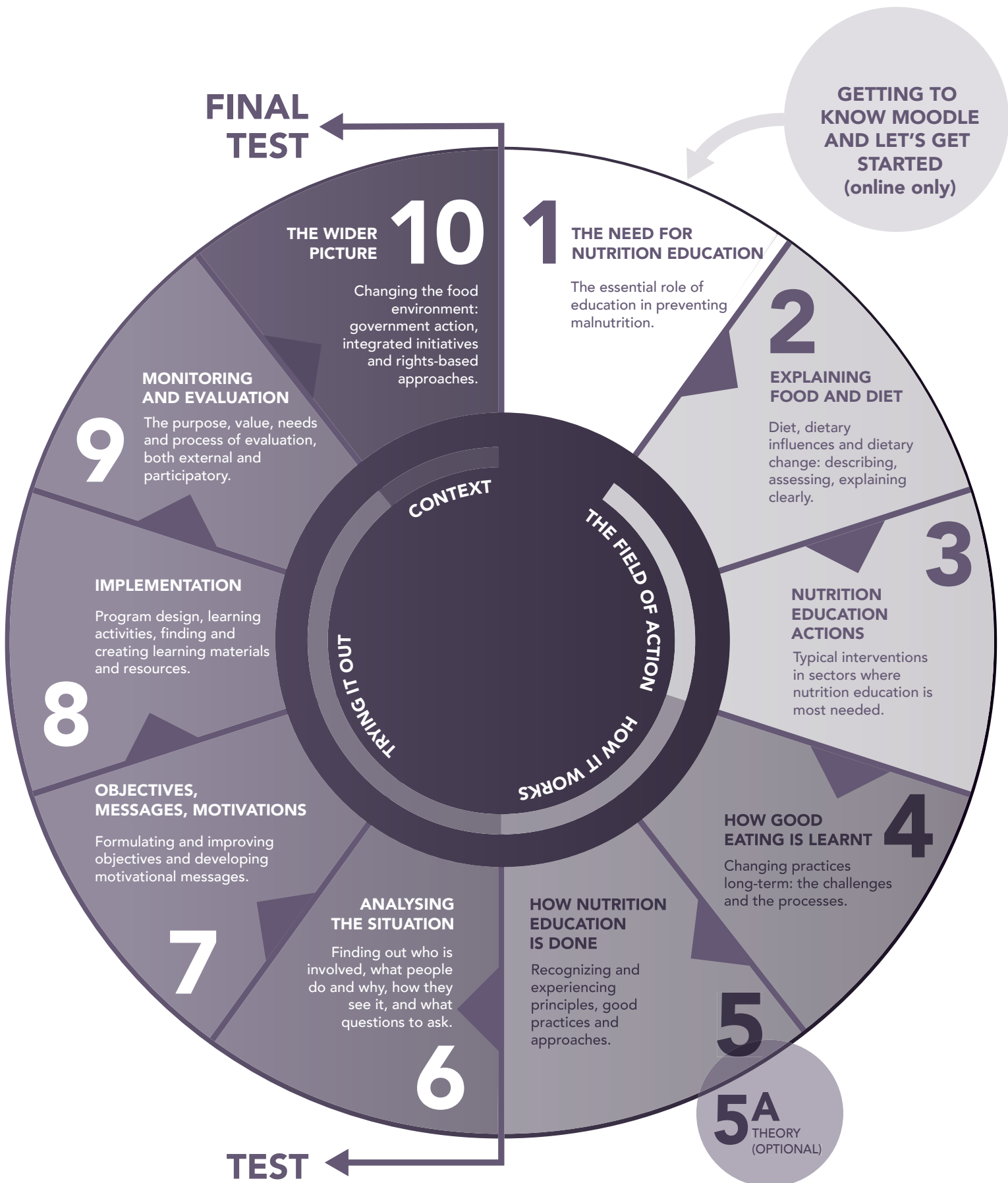
Online tutors have a guide available for each unit.

WHAT IS THE ROLE OF THE TUTORS?

Tutor involvement is essential to ENACT, and the course's approach to tutorial sessions is a new one for many students. Tutors are facilitators rather than lecturers. In tutorials, students do most of the talking, while tutors contribute their own professional experience, insights, and technical and local knowledge. They give students the opportunities to clarify, discuss and develop their opinions, and to apply what they have learned.

FAO has held a number of Train-the-Trainers sessions to prepare tutors to use ENACT materials. Please contact us for information on upcoming training opportunities.

COURSE STRUCTURE





HOW MUCH TIME IS REQUIRED?

- About 120 student hours, consisting of independent coursework, tutorials and other activities.
- About 20-40 tutor hours, depending on whether one or two tutorials are held per unit, as well as time to correct students' work and provide feedback.

WHAT DO YOU NEED TO IMPLEMENT IT?



Face-to-face:

- a tutor or tutors familiar with the course
- resources for printing and/or laptops/computers for students (to reduce printing needs)



Online:

- tutors trained in supporting students via Moodle
- technical resources to host the course (i.e. institutional access to a Moodle platform) and in-house IT support

For more information and to access the course materials go to:

www.fao.org/nutrition/education/professional-training/enact/en

PARTNERS/DONORS

With support from



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**For institutions interested in implementing the course,
please contact the ENACT team at ENACT@fao.org**



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