



Short Training Course Report

On the topic of 'Basic Nutrition for young People'

As part of Helen Keller International- Cambodia's Nutrition Youth Engagement's Activities

Zoom Meeting, May 21, 2021

1. Short training Summary

Building on a successful youth training course on food safety for youth on Wednesday May 12, 2021 and in response to the request from participants for another short training and forum, Helen Keller International-Cambodia prepared another short training course and forum under the topic of 'Basic Nutrition for young people' through Zoom Meeting platform on Thursday May 20, 2021 from 8:30 AM to 11:30 AM. Technical training was facilitated by Dr. Chea Mary, Manager of the National Nutrition Program, MOH and Dr. Chan Sophal, Deputy Manager of National Nutrition Program, MOH. The training was held as part of a series of trainings on health, nutrition and food security for Helen Keller International-Cambodia's youth engagement activities. With three main objectives; firstly, add to the existing knowledge of basic nutrition information for youth nutrition champions, young representatives from other institutions. Secondly, provide a platform for young people to ask their questions, share their opinions and feedback to nutrition specialists. Last but not least, Understand the important role of young people in nutrition advocacy and distributing nutritional messages among their peers and the community.

The training was attended by more than 100 participants in total from Youth Nutrition Champions, university students from other institutions and universities, as well as young staffs from various SUN CSA member organizations included ADRA, CARE, VSG, ODOV, Angkor Hospital for children, Caritas, CCYMCR as part of KCD, staffs from GNC company and Ministry of Education, Youth, and Sports, a other SUN CSA Cambodia members. The training consisted of two sessions. First session was an introduction to basic nutrition lesson surrounding terminologies frequently used in nutrition context (E.g. Nutrient density, Empty-Calories), consequences of malnutrition, the six classes of nutrients, healthy diets and healthy eating, daily salt and sugar consumption. Second session was about Energy, balance, and weight control where trainees learned how to calculate the energy content of foods when given their macronutrient level, describe the components of energy intake & output, define hunger, appetite, satiety, and satiation and explain factors that influence/regulate them, calculate BMI of an individual and understand the food sources of energy. This basic nutrition was conducted in Khmer Language. However, due to time constraint, materials and questions for end of the training quiz were prepared in English. The training session came to an end with a quick post-training quiz related to the lessons learned in the first and second sessions in google form consisted of 17 questions and 4 options to choose one correct answer from followed by another Q&As and feedback session to discuss about the quiz and questions participants had for the trainer. 31 people were able to answer the quiz and based on the insight result of total points distribution of respondents, the average score is 7.84/17 points.



During the training, Q&As, and feedback session, we received more than 200 comments/questions in the zoom chat box from participants to be registered into a telegram group for youth training course after the training for share training materials and more learning opportunities and other comments, questions and recommendations which are summarized as follows:

- ✚ 'All lessons in the training are very useful sessions for young people to share to their peers and community'
- ✚ 'In my experience with elementary school students, 5 to 6 years old students, in term of appearance, he is fit, not thin, but when measuring in BMI, most are less than 18.5. how does this indicate?'
- ✚ 'Recommendation for next training, please share the training materials including slides and quiz questions in Khmer'
- ✚ 'I would like to join another training on youth reproductive health'

Moving forward after another successful training, HKI will continue to conduct more training opportunities for young people on topic related to nutrition as part of HKI training series to engage even more participants. Also, Participants were added to a telegram group to continue mainstreaming nutrition messages, share training materials and more learning opportunities and all their comments, questions, and recommendations were noted for the betterment of the next training.



2. Agenda

Agenda for Short Training Course on Basic Nutrition

Helen Keller International's Cambodia Nutrition Youth Engagement's Activities

Thursday May 20, 2021

Zoom Link: <https://us02web.zoom.us/j/6204309218>

Meeting ID: 620 430 9218

Expected Numbers of Youths: 85 persons

Time	Activity	Facilitator
8:00-8:30 AM (30 min)	Testing Zoom/registration	Ms. Chhun Bormey, Leader for Youth Nutrition Champion, HKI
8:30-8:35 AM (5 min)	Introduction to agenda	Ms. Chhun Bormey, Leader for Youth Nutrition Champion, HKI
8:35-8:40 AM (5 minutes)	A few remarks from HKI's Representative	Mr. Hou Kroeun, Deputy Country Director, HKI
8:40-10:10 AM (90 min)	Session 1: <i>Introduction to nutrition</i> <ul style="list-style-type: none"> - Define terminologies used in nutrition - E.g. Nutrient density, Empty-calories - Name the six classes of nutrients - Understand how to reduce salt consumption in our diet - Understand how to limit sugar in our diet 	Dr. Chea Mary, Manager of National Nutrition Program, MOH And Dr. Chan Sophal, Deputy manager of National Nutrition Program, MOH
10:10-10:40 AM (40 min)	Session 2: <i>Energy balance and weight control</i> <ul style="list-style-type: none"> - Calculate the energy content of foods when given their macronutrient levels - Describe the components of energy intake & output - Define hunger, appetite, satiety & satiation & explain factors that influence/regulate them - Calculate BMI of an individual 	



	- Food sources of Energy	
10:40 – 11:12 AM (1.20 hours)	Quiz and Q&As	Dr. Chea Mary, Manager of National Nutrition Program, MOH
12:00 – 12:05 AM (5 min)	Final closing remarks from HKI's Representative	Mr. Hou Kroeun, Deputy Country Director, HKI