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June 29, 1981

MEMORANDUM

TO: See Distribution

FROM: DS/N, Martin J. Forman



SUBJECT: Debriefing of Dr. Laura Jane Harper

Dr. Laura Jane Harper, a Nutrition Economic RSSA consultant who recently returned from a four month consultancy in Southeast Asia, will present a debriefing on her activities. Dr. Harper worked with FAO to develop a proposed prototype curriculum for incorporating nutrition concerns into agricultural training programs in four Southeast Asian countries.

The debriefing will take place on Tuesday, July 7, from 10:30 a.m. - 12:30 p.m., in Room 520 RPC.

Attached is a brief summary of the contents of the FAO curriculum.

Attachment: a/s

(931-0831) *Nutrition and Food  
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## A Summary of "Food, Nutrition and Agriculture: Guidelines for Curriculum Content for Agricultural Training in Southeast Asia"

### BACKGROUND

This report was completed in April 1981 by Dr. Laura Jane Harper for the Nutrition Programmes Service of the Food Policy and Nutrition Division of FAO with input and assistance from representative agriculturists, nutritionists, and extension educators from the institutions in Indonesia, Malaysia, the Philippines and Thailand which will eventually use it. The curriculum guidelines in the report were prepared with sponsorship and support from the University of the Philippines at Los Banos. They were reviewed at a workshop convened there of delegates and consultants from the four countries involved. The guidelines were developed for presentation as a one semester (2 semester hour credit) course. Subtopics are presented as self-contained units which may be incorporated into other existing courses. The curriculum materials are geared to undergraduate university students of agriculture with no previous training in nutrition.

### CONTENT

The course content includes the following five units:

1. Agriculture, Food, Nutrition and Health;
2. Food Values, Nutritional Requirements and Nutritional Assessment;
3. Food and Agricultural Systems: Impact of Nutrition;
4. Food and Nutrition Programmes at Community and National Levels;
5. Programme Planning, Implementation and Evaluation.

Each topic has clearly defined learning objectives, list of major concepts, summary of content, practical learning experiences and suggested measures of understanding.

### COURSE OBJECTIVES

The objectives for each of the five units are summarized as follows:

First Unit: Students should learn to:

- A. Understand relationships between agriculture, food and nutrition and their importance in individual community and national situations.
- B. Understand concepts of human nutrition including terminologies and the general framework of the discipline.
- C. Understand the factors that influence food availability.

Second Unit: Students should learn to:

- A. Understand the nutritional values of foods and the important functions of nutrients (using locally available foods);

- B. Become aware of food requirements of various categories of people;
- C. Understand how to assess nutritional deficiencies within a community including signs of malnutrition, methods of assessing nutritional status, and ways of predicting types and severity of malnutrition in given situations.

Third Unit: Students should learn to:

- A. Understand local food processing and storage systems and their impact on diet.
- B. Analyze food production systems and their influence on food supply and nutritional status.
- C. Design appropriate modifications to existing food production systems to meet community food needs.

Fourth Unit: Students should learn to:

Understand, design and modify nutrition programmes and policies at the community and national levels.

Fifth Unit: Students should learn to:

- A. Plan, manage and evaluate agricultural programmes designed to improve both nutritional and economic status of farm families;
- B. Work with community agencies toward effective rural development at the community level.

ACTIVITIES

In these five units, the students will be exposed to and receive practice in the following procedures:

- Questionnaire use
- Food composition analysis
- Body consumption analysis
- Dietary recall (24 hour)
- Food frequency recall (7 day)
- Site visits to clinics, hospitals, farms
- Calculation of caloric needs of a community
- Estimation of individual energy needs by use of an activity diary
- Diet planning
- Data gathering on local food practices
- Midarm circumference measurement on children
- Measurement of heights and weights and their interpretation
- Case studies of food processing situations
- Comparison of crop production and nutritional requirements at the farm level
- Preparation of food flow charts
- Analysis of policies and programs
- Project design

The full 141 page report of curriculum guidelines is available on request from the Nutrition Economics Group, USDA, 1304 Auditors Bldg. 14th and Independence Ave., SW. Phone 472-6797. If you have any questions please contact Charlotte Miller.