# VITAMIN-A RICH FOOD PRODUCTION

## Location:
ARC-VEGETABLE & ORNAMENTAL PLANT INSTITUTE (Roodeplaat) Pretoria, RSA

## Scheduled Dates:
On request

## Course Fee:
Request a quote

## Course Duration:
Two (2) days

## Books/Manuals:
Food-Based Approach Manual

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**Course coordinator:** TO BE CONFIRMED

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**COURSE DESCRIPTION & OUTLINE**

To provide training on basic principles of vegetable production

- Background to the food based approach
- Steps of food based approach
- Critical issued for success of food based approach
- How to plan garden with vitamin A rich vegetables
- Agricultural aspects of planning vitamin A rich vegetables
- Nutrition education and promotion strategies
- Practical training I planting of pro-vitamin A rich vegetables (Swiss chard, carrot, butternut, orange-fleshed sweet potato)
- Practical establishment of nursery of orange-fleshed sweet potato (optional)

**Learning Outcomes**

- Knowledge on how to implement the food based approach
- Knowledge on production practices of pro-vitamin A rich vegetables
- Knowledge on vitamin A nutrition

**Who Should Attend?** Extension workers, Social Development, NGO’s, farmers, Health Workers

**Delivery Mode:** Presentation, Practical’s

**Entry Requirements:** The ability to read and write