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Topic: Community health and nutrition programs

Title: The Perspective of the Learner and the Educator about a Food and Nutrition Education Program Developed with Women in Brazil

Presentation Type: Oral

Objective

To analyze educators and learners' perceptions about the process of teaching and learning and the effectiveness of a Food and Nutrition Education Program developed with women.

Methods

Case study with a qualitatively oriented approach carried out with 13 learners and 4 educators who participated in a Community-Based Food and Nutrition Education Program, developed for a low-income administrative region of the Federal District in Brazil. The program was conducted by a multi-professional team using active and participatory methods, a holistic approach to food and following the recommendations of the Dietary Guidelines for The Brazilian Population and The Reference Framework for Food and Nutrition Education. Semi-structured individual interviews were held, transcribed and analyzed using content analysis. The results were organized into categories and interpreted.

Results

The Program contributed to the awakening of a critical and holistic awareness in learners, enabling them to perceive themselves as protagonists of their reality and able to adopt a proactive attitude towards self-care (implementation of home gardens, fresh food and less processed food preferences, healthier cooking techniques) and transformation of the environment.

Educators emphasized the importance of working with local communities, specifically diagnosis, sensitive listening, horizontal dialogue and of working in multi-professional team founded on collaboration and trust to develop successful nutrition education programs.

Conclusions

Findings reveal a great potential of the adopted teaching-learning process and the Program. Using active and participatory methods and a holistic approach to food may contribute to improving attitudes, self-efficacy and behaviors regarding eating habits, self-care and transformation of the environment.