

Experiences ~ PKNC Master Trainer Invitational Training, South Korea

27th May-26th June, 2023

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Lecturer (Food and Nutrition),
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Addition (PKNC)***





PARTICIPANTS FROM IHS,UAF

- 1. Dr. Beenish Israr**
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- 4. Ms. Hira Iftikhar**

About Chungnam National University

Founded in 1952, CNU has been cultivating the best minds in Korea under the educational motto of "*Creativity, Development, and Service to the Community*" during its proud history of 70 years

Training Venue:
Department of Human Ecology





TRAINING SCHEDULE

Week 1: Days 1-5

1

Orientation Workshop &
Country Report
Presentations



2

Survey & Lectures on
Nutrition Education



3

Module Development 1-4



Nutrition Education Module Development Teams

Lady Health Workers (LHW)

School Advisors (SA)

Clinical Dietitians (CD)



Week 2: Days 1-5



Module 5-9

Discussed major nutritional issues in Pakistan, successful overseas nutrition programs, explored nutrition education and school meal systems for elementary students, learned about the history of health promotion and nutrition programs in Korea and the features of applied nutrition programs in Korea.



Workshops & Field Visits

Had informative workshops on teaching media, aid production practice, and recipe development. We also experienced on-site visits to the Rural Development Administration for some hands-on learning.

Week 3: Days 1-5

Module 10-13

Learned about different types of nutritional education, how nutrition counseling leads to behavior change, and explored effective educational media for children and nutrition intervention in the clinical setting.

Workshops & Field Visits

Had hands on cooking practice to develop age specific meals for children. Moreover, on-site visits to the local center for children's foodservice management, and the Maeil Dairies Factory for a better understanding of the industry.



Week 4: Days 1-5

1

Module 14-15

Understanding dietary reference intakes for Koreans (KDRIs) and practical use of nutrition education for infants, toddlers, and children and lecture by "Prof. Sang Young Kim (Gangneung-Wonju National University)"



2

Workshops & On-site Visits

During these days, we had some final workshops on teaching material development and lady health workers, and on-site visits to Gao Elementary School cafeteria and school teachers. Ended the program with a presentation and closing assessment, as well as a closing ceremony.



Closing Ceremony



**Presentations of NE Modules
(LHW, SA & CD)**

Certificate and Souvenir Distribution Ceremony

What We Learned at the Program



Nutrition Education and Management

We gained a wealth of knowledge about nutrition education and management, as well as best practices for implementing successful programs.



Teamwork and Collaboration

Working with different people from different backgrounds allowed us to learn how to work more effectively in a team, think creatively, and develop new perspectives.



Korean Culture and Traditions

Being immersed in Korean culture and eating their amazing food has opened up our mind to new experiences, made some great connections, and thrilled our senses with new sights, smells, and sounds. The cultural experiences were some of the best memories of the trip.



Healthy Habits

Good nutrition is key to leading a healthy lifestyle. It helps to maintain a healthy weight, prevent disease, improve mental clarity and mood, and promote overall well-being.



Preventive Care

Investing in good nutrition now is an effective way of preventing disease and avoiding health problems down the line.



Community Care

Teaching good nutrition is essential to building healthy and strong communities. Providing access to nutritious food, healthy education, and preventative care can greatly improve the health outcomes in a community.

Conclusion

- The PKNC Master Training Program in Korea has been an incredible learning experience that we feel privileged to have completed
- It was an intensive program that provided us with practical skills and knowledge to help us effectively manage nutrition education programs
- We feel better equipped to make a difference in our community, and
- We are excited to apply what we have learned in our work

The opportunity to learn and grow amid new cultures and great people is something that will stay with us forever!



THANK YOU FOR LISTENING

