



IFHE ANNUAL MEETING 2019 Port of Spain, Trinidad

Invitation to Workshops during the Annual Meeting 2019
Status: 10th March 2019

**NUTRITIONAL KNOWLEDGE IN SELECTING, COMBINING AND PREPARING
NOURISHING MEALS FOR THE FAMILY “LEAVE NO ONE BEHIND”**
Patricia MBAH, Felicia BOSAH

The workshop focuses around the following questions:

1. What Knowledge is required in selecting nutritional meals?
2. What meals require special knowledge to be selected?
3. What knowledge is required in combining meals?
4. What knowledge is required in preparing meals for the family?

Background of the Workshop:

Everyone in the Family is important = LEAVE NO ONE BEHIND.
UN Sustainable Development Goal 2 (“End hunger, achieve food security and improved nutrition and promote sustainable agriculture”) seeks sustainable solutions to end hunger in all its forms by 2030 and to achieve food security. The aim is to ensure that everyone everywhere has enough good-quality food to lead a healthy life. Achieving this Goal will require better access to food and the widespread promotion of sustainable agriculture. This entails improving the productivity and incomes of small-scale farmers by promoting equal access to land, technology and markets, sustainable food production systems and resilient agricultural practices. It also requires increased investments through international cooperation to bolster the productive capacity of agriculture in developing countries.

For more details see: <https://sustainabledevelopment.un.org/sdg2>

The workshop is hosted by PC Chair for FSNH Prof. Dr. Patricia MBAH and Mrs. Felicia BOSAH, an experienced RN from Houston, Texas, USA who runs an agency and deals with various households. The one-hour workshop is billed to be thematic, educative and quite rewarding. You and your friends are cordially invited to attend this interesting workshop.

HOUSEHOLD TECHNOLOGY – THE NEXT 10 YEARS

NN / organised by the PC Household Technology & Sustainability (HT&S)

Researchers, teachers and practitioners from all disciplines and all regions worldwide are invited to discuss and identify most recent challenges, families, institutional households, and all organisations caring for people's wellbeing, experience today and in the near future, with relation to household technology. The range of topics is as wide as everyday life, from preserving food by drying and canning in a private household to small and medium scale food production, from saving energy by smart appliances to the internet of things, or from laundry washing to water sanitation for a whole region after an environmental disaster. Besides the technology itself, the field of interest is on the technology adoption theories such as Roger's diffusion of innovation theory (DIT), the concerns-based adoption model (CBAM), the technology acceptance model (TAM) and the united theory of acceptance and use of technology (UTAUT).

HEALTHY HOMES SCHOOL CURRICULUM FOR YOUTH AGE 11 - 14

Sarah KIRBY

This workshop will share information about a Healthy Homes School curriculum for youth age 11 - 14. The curriculum teaches the concepts of healthy housing and health through interactive lessons that allow youth to have agency over their learning and provide creative solutions to potential hazards, focusing on the interrelationship of housing, the environment, and human health.

BRIEF PROFILE: WORKSHOP PRESENTERS (more to follow)



Professor Patricia MBAH: Patricia Etuna MBAH (PhD, MSc, M.Ed, B.Ed/Sc) is a Professor of Home Economics with Michael Okpara University of Agriculture, College of Applied Food Sciences and Tourism, Department of Home Science/Hospitality Management & Tourism, Umudike, Umuahia, Abia state. She holds a Doctor of Philosophy Degree in Home Economics, M.Sc in Nutrition and Dietetics, M.Ed in Educational Administration and a B.Ed/Sc in Home Economics. Her research studies are Home Economics based with special interest in Nutrition, family, health related issues and family sustainability. She is a **Fellow** of Chartered Institute of Administrators, Ghana (CIA). A **Fellow** of Home Economics Professional Association of Nigeria (HEPAN). She has over seventy-two publications made up of books, journals, monographs and technical reports. She is actively involved in

the **International Federation for Home Economics (IFHE)** and currently the **Vice-President Region of Africa, Chairperson of the Programme Committee** on Food Security & Nutrition & Nutritional Health (FSNH) and the Liaison coordinator for IFHE Nigeria Liaison group. She is certified as an **International Professional Home Economist (IPHE)** by IFHE. She is also the **President** of Home Economics Professional Association of Nigeria (HEPAN) and **Chairman** of Council: Home Economics Council of Nigeria (HECON). She is a member of Nutrition Society of Nigeria (NSN) and Society for Nutrition Education (SNE) America.



Mrs Felicia BOSAH RN: Highly Skilled Career in nursing Profession specialised in providing care for critically ill both paediatrics and geriatric in the hospitals and home settings. Over 18 years' experience in nursing practice and ten years as Nursing director and administrator in Houston Texas. Overseeing nursing and administrative duties. Provide client education and orientation based on their specific health needs to promote health stability and reduce frequent hospitalisations. Complete health assessments, total patient care and coordination with physicians and other therapist involved in client's care.

Sarah D. KIRBY, Ph.D., Assistant Director, NC State Extension; Professor and FCS Program Leader at Department of Agricultural and Human Sciences, North Carolina State University