



EKUKHANYENI
RELIEF PROJECT

NURTURE. TOMORROW. TOGETHER

Health Promotion &
Nutrition

Food & Nutrition Security &
Early Childhood Development

NPC 2005/035291/08 PBO 930026782

Ekukhanyeni.org

Health Promotion & Nutrition

This two-day module presents key information about how to promote health with Permaculture. Learners explore how to use Permaculture as a foundation to support healthy attitudes and lifestyles for themselves, their families, friends and communities. The workshop is designed to expand awareness, shift perceptions around food, and empower participants with practical skills to be healthy.

Who should participate?

The training is useful for anyone interested in improving their health but is especially useful for:

- Community health workers, nurses and clinic staff
- School feeding scheme volunteers
- Permaculture gardeners and co-op members
- School Teachers
- Mothers wanting to raise healthy, strong and clever children
- Sportsmen who want to improve their general health and wellbeing
- People living with HIV/AIDS or chronic illnesses like Diabetes and Hypertension



How does the training engage with health?

The training adopts an integral framework to empower learners to engage holistically with health, nutrition, physical activity and practical herbalism. Using the integral framework, the workshop explores personal knowledge and attitudes, cultural beliefs and values, social, economic and eco-systemic drivers, as well as essential properties of nutrients and the food groups that contain these and practical strategies to promote health.

The information is anchored with practical exercises of cooking, preparing herbs, and physical movement, ensuring that the learning is hands-on and concrete. Similarly, the food and herbs prepared are also discussed in terms of their role in the Permaculture garden.

Learners share & eat the foods prepared to engage all the senses in the learning experience and encourage learners to adopt practices based on what appeals to them. The physical exercises are selected to be accessible to learners of all ages and genders without requiring great strength or fitness. Exercises emphasise the use of gentle repetitive movement, breath, stretching and body-awareness to build balance, co-ordination, flexibility, postural integrity and range of motion.

The information is presented in the vernacular, encouraging learners to engage with the concepts and practices presented in an interactive way that crosses the language barrier.

What will participants learn?

Core topics include:

- An integral map of health
- Food security
- Dietary diversity
- Environments, health and permaculture
- Food, lifestyle and common health issues like diabetes, obesity, hypertension, HIV/AIDS, TB
- Key nutrients
- How to protect your health with micronutrients and anti-oxidants
- How to reduce the risk of diabetes and obesity
- Food groups and power foods
- How to add flavour and boost health with spices and culinary herbs
- How to prepare nutritionally balanced & dense foods
- How to use herbs to manage common ailments
- Physical activity and posture
- Social strategies to improve food security





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