Experiential Training Activities

ETA 6

Nutrition and relevant Health Apps

Authors

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Content

1 About the Module

Objectives

The Nutrition and relevant Health Apps Experiential Training Activity 6 is a comprehensive module designed to equip participants with the knowledge and skills needed to adopt healthy dietary habits, maintain optimal health and leverage nutrition apps for achieving nutrition-related goals. This course will cover a range of fundamental nutrition knowledge and nutrition app categories, enabling participants to make informed decisions about app selection, utilization, and integration into their everyday-nutrition, if they wish so. Through knowledge acquisition, interactive sessions, practical exercises, real-life scenarios examples, goal setting and discussions, participants will gain confidence in using nutrition apps as valuable tools in their journey towards a healthier lifestyle.

Participants and roles

- Newcomer migrants; trainees.
- Migrants Peers; trainees or trainers after being trained as trainers. When they will attend as trainees, they could play a role of supporting the Newcomer Migrants along the training process, including support in overcoming language barriers.
- Supports: trainees or trainers after being trained as trainers. When they will attend as trainees, they could play a role of supporting the Newcomer Migrants along the training process, including support in overcoming language barriers.

Learning outcomes

- Gain fundamental theoretical knowledge on nutrition and the principles of healthy diets in order to improve eating habits.
- Gain a comprehensive understanding of the link between nutrition and health.
- Get familiar with various types of health apps tailored for nutrition: classify and differentiate them, navigate through them, explore their features, benefits, and user interfaces.
- Explore real life scenarios of individuals that used the nutrition apps.
- Set goals using SMART criteria, and plan nutrition goals using nutrition apps.
- Discussions and critically evaluating current nutrition apps and its use.

Training contents

- General Nutrition Knowledge
- Main principles of Healthy Diets
- The relationship between Nutrition and Health

- Health Apps related to Nutrition and their Usefulness
- Goal Setting: SMART
- Specific examples of Nutrition Apps
- Real Life Integrations – Implementation of SMART goals
- Quiz and Self-Assessment
- Closure

Estimated duration

- Teaching sessions: 2 hours, 30 minutes
- Self-study supported by e-learning tools & Experiential training session: 2 hours
- Closing session: 30 minutes

Resources

- Training materials:
  - ppt. for Teaching Session,
  - ppt. for Self-learning and Experiential training Session,
  - ppt. for Clossing Session.
- Supporting educational materials: assignments related to SMART goals, quizzes (multiple choice, true-false, matching exercise), questions & answers.
- e-Training Platform and App Training Tool.
- Health Apps: Examples of Nutrition Apps covering different areas and functions.
- Other: Complementary and further readings, videos ("YouTube") contents.

2 Training Content

2.1 Teaching Session

Step and duration	Content
6.1.1. **General Nutrition Knowledge** 30 minutes	The trainer will shortly introduce the Nutrition and relevant Health Apps Module to the learners and then will highlight the contents of this Teaching Session. This introduction to general nutrition knowledge will cover the following topics: ▪ Nutrients. ▪ Energy and Calories. ▪ Macro- and micronutrients. ▪ Explaining Carbohydrates, Protein and Fat. ▪ Explaining Vitamins and Minerals. Resources: PPT
6.1.2. **Main Principles of Healthy Diets** 30 minutes	The trainer will provide learners' with the main principles and characteristics of a healthy diet. The specific content is demonstrated below: ▪ Eating a variety of foods. ▪ Meeting the individual nutritional needs. ▪ No ''one-size fits all'' diet. ▪ Tips for a following a Healthy Diet according to the latest guidelines of the World Health Organization (WHO). Resources: PPT

Step and duration	Content
6.1.3. **The relationship between Nutrition and Health** 30 minutes	The trainer will explain how nutrition impacts our health and will highlight how inadequate diets and poor nutrition can lead to malnutrition. Components of the session can be found below: ● Malnutrition and its forms. ● Implications of undernutrition. ● Implications of micronutrient-related malnutrition. ● Implications of overweight and obesity. Resources: PPT
6.1.4. **Goal Setting** 10 minutes	The trainer will introduce the 'SMART goal' framework and will elaborate on the acronym in order to help guide nutrition-related goal setting. Examples of SMART goals will be presented.
6.1.5. **Health Apps related to Nutrition and their Usefulness** 30 minutes	The trainer will mention the rising number of Nutrition Apps that are available nowadays and will point out that these may be used for a variety of different goals. More specifically, participants will be introduced to: ● Most common types of Nutrition Apps. ● Potential features of Nutrition Apps. ● The potential usefulness of Nutrition Apps. Resources: PPT
6.1.6.	The trainer will encourage participants to ask questions related to all previous theoretical content that were presented

Step and duration	Content
Discussion and Evaluation 10 minutes	to them and will resolve any misunderstandings that emerged. Evaluation questionnaires will also be provided.
6.1.7. **References, further readings and Closure** 10 minutes	References and further readings will be displayed and the trainer will refer participants to these for better comprehension of module's content. Then, trainer will thank everyone for attending the session. Resources: PPT

2.2 Experiential training session

Step and duration	Content
6.2.1. Specific Examples of Nutrition Apps 30 minutes	The trainer will display 2-3 app examples from different types of nutrition apps. - See below the following aspects of this session: - Mention app's name and icon. - Identify and categorize app's type. - Present app's main features and sections. - Show screenshots directing learners how to use the app for the first time and presenting app's functionalities. Resources: PPT
6.2.2. Real Life Integrations – Implementation of SMART goals	The trainer will provide to learners' several real-life scenarios and situations of how nutrition apps may enable following healthier dietary habits and may help individuals' health in general.

30 minutes	Components of the real-life integrations' session can be found below:
	▪ Presentation of different real-life scenarios where nutrition apps could be beneficial, (e.g., finding new recipes for healthy meals and snacks, monitoring dietary intake of a specific nutrient in case of a medical condition - such as hypertension and salt, monitoring calorie intake in case of an attempt to lose body weight etc.). ▪ Implementation of SMART goals in nutrition apps: participants will set their own SMART goals related to nutrition they will then brainstorm and discuss how they would integrate these goals in a nutrition app. Resources: PPT

2.3 Self-learning supported by online training tools

Step and duration	Content
6.3. **Quiz and Self-Assessment** 1:30 hours	The trainer will ask the learners to complete a Quiz in the e-Training Platform. The Quiz, consisting of multiple choice, true-false and matching exercise, will help the learners in assessing their understanding of the theoretical content of the teaching session. The trainers will check the completion of the quiz and will support each learner depending on their main gaps. Resources: ▪ Quiz. Online Training Platform or ppt?

2.4 Closure session

Step and duration	Content
6.4. **Questions and Answers** 1 hour	Questions will be raised related to the Apps that were displayed and asked from participants to use. Participants will be encouraged to give feedback. - Questions will cover the following aspects: - Which App was found as the most interesting? - Which App was found as the most difficult to use and navigate? - What app features helped and what app featured complicated their navigation and overall app experience? - In which App participants felt more secure regarding their privacy? Resources: PPT

3 Appendix - Nutrition Apps

Name	Owner	Country	Cost	Platform (link)	Target Group	Description
YAZIO Fasting & Food Trucker	YAZIO		Free of Charge	https://www.yazio.com/en		YAZIO is a simple, nutrition-focused mobile app enabling people to create healthy, realistic and sustainable eating habits
Water Reminder - Remind Drink	Smart Apps OGS Studio		Free of Charge	https://play.google.com/store/apps/details?id=com.remind.drink.water.hourly&hl=en_US		Drink water reminder is an application with main function is to help us keep water tracker we need to replenish and water drinking reminder in time.