

OL 303 Assignment Three Homework

Online Learning: OL 303 Vegetable Gardens & Community Gardens for Family Nutrition & Food Security

Center for Sustainable Development

<https://csd-i.org/vegetable-gardens-community-gardens-food/>

This week's resources:

Assignment Three Discussion

Magee Example Project Assignment Three

Your lesson plan and how to card

Assignment 3. Introduction to food security, nutrition and home gardens

Part one.

The first thing to do for your workshop is to make sure that you're well-prepared. You have people to meet with, you have a place to hold a workshop, and you have the materials that you will need.

If you've decided to offer nutritious snacks or nutritious luncheon, you have chosen recipes and have a plan for purchasing the food and getting volunteer help to prepare it. You also have cups or glasses, tea and water, plates and cutlery, napkins, and a way to clean up at the end.

Your workshop is ready to go.

Part two.

Hopefully you brought three volunteer friends to help you conduct the surveys. This way in one and a half hours you should be able to get 12 surveys completed.

You can explain to the interviewees that you're collecting information from them so that you can do the best job possible in the nutrition and food garden project.

Don't forget to put the location of the community, the person's name, and date, top of your surveys.

Good luck!

Part three.

The lesson plan that you wrote for leading the workshop will be very helpful in both the preparation in advance (because it lists materials that you will need) but it also tells you what to do at each stage of the workshop so that you can stay on track.

Take notes throughout the day right onto the lesson plan to remind you about things that went well, things that didn't go well, and how long the different segments took. For example you might find that the workshop only took four hours to do rather than eight hours you estimated.

Large sheets of paper and markers are also a great way to take notes. As your community members say interesting things you can jot them down on his large sheets of paper and use them later as reminders of what was said, what people's reactions were, and what was and wasn't working.

I know that you will be tired at the end of the day but I would take a few minutes when you get home to go through the lesson plan and make a few more notes. The next time you give this workshop or when one of your colleagues wants to give this workshop you can clean up the lesson plan to reflect what really happened. Even a year from now your notes will be very useful.

I would also recommend meeting with your team the next day to get their perceptions of how the workshop went and if any improvements could be made the next time that you give it.

Be sure to take photographs. You should get your volunteer helpers to take photographs of you as well. Be sure to take some close-up detailed shots of some of the participants, be sure to take close-up detailed shots of the materials that you use -- including interesting drawings that you might have done in your large sheets of paper, be sure to take shots of the whole group, and if you offer nutritious snacks please be sure to take photographs of that and of people enjoying the snacks.

These photographs will come in very handy when it comes time to write a proposal, give a PowerPoint presentation to a group about what you're doing, or for training future people to give the same workshop.

Good luck and enjoy yourself.

The homework to turn in will be:

1. A short summary of how the workshop went and how it was received by the community members.
2. A short paragraph on what worked well and also of things that you might do differently next time.
3. A few photographs of the workshop.
4. An example of each of the survey forms as they look filled in. I hope you have access to a scanner; if you have more than one scanned image just send them to me one at a time attached to an e-mail. Please don't zip them

Go to Magee's Example Project Assignment three to see what this could look like.

See you next week.

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