

## Food composition courses in Iran, Benin, Ghana and University of Vienna

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## FoodComp Course in Iran, 2008

- Regional course for Near East
  - FAO, Near East, (F. Hachem) funded the course and selected participants
  - Local organization: Mina Esmaeli
  - Technical organization: FAO Rome
  - 15 participants from the Near East and North Africa
  - First time use of Food Composition Study Guide

### Results:

- Planning visit of FAO to establish National Food composition programme in Bahrain and Gulf States

## FoodComp course in Benin, 2009

- First course for Western and Central Africa in French on food composition and biodiversity
  - Local and overall organization: Bioersivity International
  - Technical organization: FAO Rome
  - Funded by WAHO, INF, FINSA, Belgian Technique Cooperation, Bioersivity International, FAO, ILSI
  - 15 participants, many from academia
  - Successful use of Food Composition Study Guide

### Results:

- Declaration of participants on future work
- Togo is planning to update food composition table and is looking for funding

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## FoodComp course in Ghana, 2009

- First course for Western and Central Africa in English on food composition and biodiversity
  - Local and overall organization: FAO, University of Ghana, Bioersivity International
  - Technical organization: FAO Rome
  - Funded by ILSI, FAO, Bioersivity International, WAHO
  - 14 participants , many from academia
  - Several lecturers from previous courses
  - Limited presence of international lecturers but Food Composition Study Guide helped guiding through course and producing final test. Participants also completed some modules before course.

### Results:

- Declaration of participants on future work
- Zambia initiated national programme on biodiversity and food composition

## Seminar ‘Correct use of food composition data’ at the University of Vienna, Austria, 2008 and 2009

First courses on food composition at the University of Vienna

- 2008: 3 day seminar
    - Organization and funding: FAO and University of Vienna
    - 15 participants
    - all lectures were followed by practical exercises using Food Composition Study Guide, Austrian FFQ and OELS
    - Results: students highly increased their knowledge
  - December 2009: Distance learning using Food Composition Study Guide + 1 optional day on questions and application
- Cost-effective knowledge transfer to future professionals
- Food Composition Study Guide good basis for university courses

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## Conclusions

- Difficult to obtain funding
- Training individuals does not always result in outcomes due to institutional constraints ( $\neq$  capacity development)
- Use of Study Guide in courses helps participants digest and apply information
- New courses with emphasis on biodiversity
- New courses in universities