

COURSE OVERVIEW HE1060

The Role of Using Plants and Plant Products in Alimentary and No-alimentary Fields and the Nutritional Requirements of Babies Food and It's Legislation and Regulations

Course Title

The Role of Using Plants and Plant Products in Alimentary and No-alimentary Fields and the Nutritional Requirements of Babies Food and It's Legislation and Regulations

Course Date/Venue

October 26-30, 2025/Business Meeting, Crowne Plaza Al Khobar, Al Khobar, KSA

Course Reference

HE1060

Course Duration/Credits

Five days/3.0 CEUs/30 PDHs



Course Description



This practical and highly-interactive course includes real-life case studies and exercises where participants will be engaged in a series of interactive small groups and class workshops.

This course deals with the biology of plant species of historical and cultural importance. It will focus on plants used as a source of food, drugs, herbal medicines, industrial raw materials, perfumes and dyes. Examples of plant products that will be looked at include grains, root and tuber crops, Cannabis, tea, opium, wine, and absinthe. The relevant morphology, physiology, distribution and ethnobotany of these plant species will be discussed. A combination of readings and videos of important plant species will look at the history of their use; structures, features and constituents of importance; domestication, cultivation, harvesting and processing; and current issues surrounding their use.

This course is designed to provide participants with a detailed and up-to-date overview of the role of using plants and plant products in alimentary and no-alimentary fields. It covers the botanical terminology and technical jargon; the key to identify plants; describing plant accurately; and the ability to participate in an informed discussion about the cultural, social, economic and spiritual importance of plants to better relate their relevance to everyday life.

The course will also cover the characteristics of plants that make them useful as food, medicine and industrial materials; the cultivation and processing of a diverse array of plants to understand how many products we use every day are produced; and the impact that plants have had on the betterment of the human condition and personal pleasure and the unknown potential they still hold.

Further, the course will also discuss the nutrient needs of babies and toddlers from birth to 24 months. It provides practical assistance in applying the Infant Feeding Guidelines including issues around breastfeeding, preparing infant formula, introducing solid foods and choking precautions. Finally, this section covers planning menus for babies and toddlers providing sample menus for 6 to 12 month olds and 12 to 24 month olds.

This course is designed to provide participants with a detailed and up-to-date overview of the nutritional requirements of babies food and it's legislation and regulations. It covers the role of services in infant and toddler nutrition, including support for breastfeeding; the breastmilk and other drinks for infants and toddlers; the safe bottle feeding; the preparation of infant formula; the feeding environment and safe positioning; giving up the bottle; and introducing solid foods.

During this interactive course, participants will learn the food allergies and intolerance; the foods and drinks for infants between 6-12 months and toddlers between 1-2 years old; breastmilk and other drinks, foods and iron containing foods for infants and toddlers; the other sources of iron; the vegetarian diet on infants and toddlers, the food textures; minimizing the risk of choking on food; and service food and menus for infants and toddlers.

Course Objectives

Upon the successful completion of this course, each participant will be able to:-

- Apply and gain a fundamental knowledge on the role of using plants and plant products in alimentary and no-alimentary fields and the nutritional requirements of babies food including it's legislation and regulations
- Define botanical terminology and technical jargon
- Use a key to identify plants
- Observe and accurately describe a plant (including the community of plants it grows amongst and its location), and take samples and/or photos, so that it can be positively identified later
- Recognize who to contact for information including good websites
- Demonstrate the ability to participate in an informed discussion about the cultural, social, economic and spiritual importance of plants to better relate their relevance to everyday life
- Recognize the characteristics of plants that make them useful as food, medicine, and industrial materials
- Describe accurately the cultivation and processing of a diverse array of plants to understand how many products we use every day are produced
- Appreciate the impact that plants have had on the betterment of the human condition and personal pleasure and the unknown potential they still hold

- Discuss the role of services in infant and toddler nutrition including support for breastfeeding
- Recommend breastmilk and other drinks for infants and toddlers
- Carryout safe bottle feeding as well as preparing infant formula
- Identify the feeding environment and safe positioning
- Discuss about the giving up the bottle, introducing solid foods as well as food allergies and intolerance
- Recognize foods and drinks for infants between 6-12 months and toddlers between 1-2 years old
- Recommend breastmilk and other drinks, foods and iron containing foods for infants and toddlers
- Identify other sources of iron and should low fat foods be offered
- Apply vegetarian diet on infants and toddlers and recognize food textures
- Minimize the risk of choking on food and recognize the service foods and menus for infants and toddlers

Exclusive Smart Training Kit - H-STK®



*Participants of this course will receive the exclusive “Haward Smart Training Kit” (H-STK®). The H-STK® consists of a comprehensive set of technical content which includes **electronic version** of the course materials conveniently saved in a **Tablet PC**.*

Who Should Attend

This course provides an overview of all significant aspects and considerations of the role of using plants and plant products in alimentary and no-alimentary fields and the nutritional requirements of babies food including it’s legislation and regulations for professionals using guidance for the authorization of plant products, regulatory working for admission authorities, consultants and business representatives and scientists performing lower and higher tier research. Further, the course is also intended for all early years providers and practitioners providing meals, snacks and drinks to children including children’s centres, childminders, private, voluntary and independent nurseries, local authority maintained nurseries, foundation units within primary schools, pre-schools and playgroups.

Course Fee


US\$ 5,500 per Delegate + **VAT**. This rate includes H-STK® (Haward Smart Training Kit), buffet lunch, coffee/tea on arrival, morning & afternoon of each day.

Course Certificate(s)

Internationally recognized certificates will be issued to all participants of the course who completed a minimum of 80% of the total tuition hours.

Certificate Accreditations

Certificates are accredited by the following international accreditation organizations: -


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The International Accreditors for Continuing Education and Training (IACET - USA)

Haward Technology is an Authorized Training Provider by the International Accreditors for Continuing Education and Training (IACET), 2201 Cooperative Way, Suite 600, Herndon, VA 20171, USA. In obtaining this authority, Haward Technology has demonstrated that it complies with the **ANSI/IACET 2018-1 Standard** which is widely recognized as the standard of good practice internationally. As a result of our Authorized Provider membership status, Haward Technology is authorized to offer IACET CEUs for its programs that qualify under the **ANSI/IACET 2018-1 Standard**.

Haward Technology's courses meet the professional certification and continuing education requirements for participants seeking **Continuing Education Units (CEUs)** in accordance with the rules & regulations of the International Accreditors for Continuing Education & Training (IACET). IACET is an international authority that evaluates programs according to strict, research-based criteria and guidelines. The CEU is an internationally accepted uniform unit of measurement in qualified courses of continuing education.

Haward Technology Middle East will award **3.0 CEUs** (Continuing Education Units) or **30 PDHs** (Professional Development Hours) for participants who completed the total tuition hours of this program. One CEU is equivalent to ten Professional Development Hours (PDHs) or ten contact hours of the participation in and completion of Haward Technology programs. A permanent record of a participant's involvement and awarding of CEU will be maintained by Haward Technology. Haward Technology will provide a copy of the participant's CEU and PDH Transcript of Records upon request.

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British Accreditation Council (BAC)

Haward Technology is accredited by the **British Accreditation Council** for **Independent Further and Higher Education** as an **International Centre**. BAC is the British accrediting body responsible for setting standards within independent further and higher education sector in the UK and overseas. As a BAC-accredited international centre, Haward Technology meets all of the international higher education criteria and standards set by BAC.

Accommodation

Accommodation is not included in the course fees. However, any accommodation required can be arranged at the time of booking.

Course Instructor(s)

This course will be conducted by the following instructor(s). However, we have the right to change the course instructor(s) prior to the course date and inform participants accordingly:



Mr. Saad Bedir, BSc, NEBOSH-IGC, NEBOSH-ENV, is a **Senior Fire, Health, Safety & Environment (HSE) Consultant** with over **35 years** of extensive experience in the **Power, Petrochemical and Oil & Gas** industries. He is a **NEBOSH Approved Instructor** for various certification programs. He is well-versed in the areas of **NEBOSH International General Certificate, NEBOSH Certificate in Environmental Management, Health, Fire, Safety, Security & Environmental Codes of Practice, Legislations and Procedures, Active and Positive Fire Fighting, Fire & Gas Detection Systems, Fire Fighting Systems, Fire Proofing, ESD, Escape Routes, Mobile Crane Operation, Heavy Lifting Equipments, Scaffolding, Rigging Slings, the implementation of OHSAS 18001, ISO 9001, ISO 14001, QHSE Management Planning, Crisis & Business Continuity Management Planning, Emergency Response & Procedures, Industrial Security Risk Assessment & Management, Environmental Impact Assessment (EIA), Behavioural Safety, Occupation Safety, Incident & Accident Investigation, Integrated EHS Aspects, Risk Assessment & Hazard Identification, Environmental Audits, Chemical Handling, Hazardous & Non-Hazardous Waste Management, Confined Space Safety, SHEMS Principles, Process Safety, Basic & Advanced Construction Safety, Mobile Crane Operations, Rig & Barge Inspection, Lifting & Slings, Scaffolding, Air Quality Management, Safety & Occupational Health Awareness, Loss Control, Marine Pollution Hazards & Control, Ground Contamination & Reclamation Processes, Waste Management & Recycling, Clean Energy & Power Saving, FMEA, HAZMAT/HAZCOM, HAZOP, HAZWOPER, HAZID, HSEIA, QRA, Hazardous Area Classification and Radiation Protection. Further, he is also well-versed in **Performance Standards, Statistical Report Writing, Basic Motivation Management, Performance Assessment & Appraisal, Manpower Planning, Managing & Coordinating Training, Strategic Talent Management, Developing Others, Managing Employees Performance, Performance Evaluation and Human Resource Management.** Presently, he is the **HSE Director** for one of the largest and renowned companies in the Middle East, wherein he takes charge of all HSE and security operations of the company.**

Mr. Saad's vast professional experience in directing and managing health, safety and the environment aspects as per **OSHA framework** and guidelines can be traced back to his stint with a few international companies like **Saudi ARAMCO, CONOCO, Kuwait Oil Co. (KOC)**, where he worked as the Field HSE Senior Engineer handling major projects and activities related to the discipline. Through these, Saad gained much experience and knowledge in the implementation and maintenance of international safety standards such as the National Fire Protection Association (**NFPA**), the American Petroleum Institute (**API**), Safety of Life at Sea (**SOLAS**) and Safety for Mobile Offshore Drilling Unit (**MODU**).

Mr. Saad has **NEBOSH** certificate which includes health & safety measures including:

- Fire fighting management system
- Rescue mechanisms (Escaping routes, Rope rescue, and emergency evacuation Plan)
- Machinery Safety requirement
- Occupational health measures & requirement

Mr. Saad has a **Bachelor** degree in **Chemistry**. Further, he is a **Certified Instructor/Trainer**, an **Approved Tutor** in **NEBOSH International General Certificate**, an **Approved Tutor** in **NEBOSH Certificate in Environmental Management**, a **Certified Lead Auditor** for **OHSAS 18001, ISO 9001, ISO 14001** and a **member** of the **Egyptian Syndicate & Scientific Professions**. His passion for development and acquiring new skills and knowledge has taken him all over the Middle East to attend and share his expertise in numerous trainings and workshops.

Training Methodology

All our Courses are including **Hands-on Practical Sessions** using equipment, State-of-the-Art Simulators, Drawings, Case Studies, Videos and Exercises. The courses include the following training methodologies as a percentage of the total tuition hours:-

- 30% Lectures
- 20% Practical Workshops & Work Presentations
- 30% Hands-on Practical Exercises & Case Studies
- 20% Simulators (Hardware & Software) & Videos

In an unlikely event, the course instructor may modify the above training methodology before or during the course for technical reasons.

Course Program

The following program is planned for this course. However, the course instructor(s) may modify this program before or during the course for technical reasons with no prior notice to participants. Nevertheless, the course objectives will always be met:

Day 1: Sunday, 26th of October 2025

0730 – 0800	<i>Registration & Coffee</i>
0800 – 0815	<i>Welcome & Introduction</i>
0815 – 0830	PRE-TEST
0830 – 0930	Botany Basics
0930 – 0945	<i>Break</i>
0945 – 1040	Agriculture & Plant Domestication
1040 – 1135	Grains & Legumes
1135 – 1230	Fruits & Seeds
1230 – 1245	<i>Break</i>
1245 – 1335	Stems, Leaves & Roots
1335 – 1420	Herbs, Spices & Perfumes
1420 – 1430	Recap
1430	<i>Lunch & End of Day One</i>

Day 2: Monday, 27th of October 2025

0730 – 0830	Medicinal Plants
0830 – 0930	Ethnobotany & the Search for New Drugs
0930 – 0945	<i>Break</i>
0945 – 1100	Psychoactive Drugs
1100 – 1230	Stimulating & Intoxicating Beverages
1230 – 1245	<i>Break</i>
1245 – 1335	Wood, Cork, Bamboo & Fibers
1335 – 1420	Rubber
1420 – 1430	Recap
1430	<i>Lunch & End of Day Two</i>

Day 3: Tuesday, 28th of October 2025

0730 - 0830	<i>The Role of Services in Infant & Toddler Nutrition, Including Support for Breastfeeding</i>
0830 - 0930	<i>Breastmilk & Other Drinks for Infants & Toddlers</i>
0930 - 0945	<i>Break</i>
0945 - 1100	<i>Safe Bottle Feeding</i>
1100 - 1230	<i>Preparing Infant Formula</i>
1230 - 1245	<i>Break</i>
1245 - 1335	<i>The Feeding Environment & Safe Positioning</i>
1335 - 1420	<i>Giving Up the Bottle</i>
1420 - 1430	<i>Recap</i>
1430	<i>Lunch & End of Day Three</i>

Day 4: Wednesday, 29th of October 2025

0730 - 0830	<i>Introducing Solid Foods</i>
0830 - 0930	<i>Food Allergies & Intolerances</i>
0930 - 0945	<i>Break</i>
0945 - 1040	<i>Foods & Drinks for Infants (6-12 Month Old) & Toddlers (1-2 Year Old)</i>
1040 - 1135	<i>Breastmilk & Other Drinks - Recommendations</i>
1135 - 1230	<i>Foods - Recommendations</i>
1230 - 1245	<i>Break</i>
1245 - 1335	<i>Iron-Containing Foods for Infants & Toddlers</i>
1335 - 1420	<i>Other Sources of Iron</i>
1420 - 1430	<i>Recap</i>
1430	<i>Lunch & End of Day Four</i>

Day 5: Thursday, 30th of October 2025

0730 - 0830	<i>Should Low Fat Foods be Offered?</i>
0830 - 0930	<i>Infants & Toddlers on a Vegetarian Diet</i>
0930 - 0945	<i>Break</i>
0945 - 1040	<i>Food Textures</i>
1040 - 1135	<i>Minimising the Risk of Choking on Food</i>
1135 - 1230	<i>Service Food & Menus - Meeting the Needs of Infants & Toddlers</i>
1230 - 1245	<i>Break</i>
1245 - 1330	<i>Changing Service Menus to Suit 6 to 24 Month Olds</i>
1330 - 1400	<i>Course Conclusion</i>
1400 - 1415	<i>POST-TEST</i>
1415 - 1430	<i>Presentation of Course Certificates</i>
1430	<i>Lunch & End of Course</i>

Practical Sessions

This practical and highly-interactive course includes real-life case studies and exercises:-



Course Coordinator

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