



COURSE OVERVIEW HE0387
Nutrition, Food Security and Livelihoods

Course Title

Nutrition, Food Security and Livelihoods

Course Date/Venue

October 13-17, 2025/Fujairah Meeting Room, Grand Millennium Al Wahda Hotel, Abu Dhabi, UAE

Course Reference

HE0387

Course Duration/Credits

Five days/2.75 CEUs/27.5 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 is designed to provide participants with a detailed and up-to-date overview of Nutrition, Food Security and Livelihoods. It covers the macronutrients and micronutrients including dietary guidelines and nutritional requirements; the dimensions of food security and how food security impacts nutrition; the policy frameworks for food security and nutrition; the components of livelihoods and resilience in the context of food systems; the nutritional impact of food processing and proper food preservation; the access to safe and nutritious food; and the impact of climate change on agriculture and food systems.



During this interactive course, participants will learn the nutrition-sensitive agriculture and livelihoods in agricultural communities; the agricultural value chains, community initiatives in improving nutrition and gender inequalities in food systems; the food security challenges, urban agriculture, social protection and food security; the disaster risk management, private sector engagement and monitoring and evaluation for food security; the food security action plans, capacity building for farmers and communities and public awareness and advocacy; and the sustainable resource management, waste management in food systems and promoting biodiversity.





Course Objectives

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

- Apply and gain a comprehensive knowledge on nutrition, food security and livelihoods
- Discuss macronutrients and micronutrients including dietary guidelines and nutritional requirements
- Explain the dimensions of food security covering availability, access, utilization and stability
- Identify how food security impacts nutrition including the causes and consequences of malnutrition
- Review the policy frameworks for food security and nutrition as well as the components of livelihoods and resilience in the context of food systems
- Recognize the components of food systems including sustainable agriculture and nutrition
- Discuss the nutritional impact of food processing and apply proper food preservation
- Access to safe and nutritious food and discuss the role of markets in food security
- Explain the impact of climate change on agriculture and food systems and apply adaptation strategies for resilient food systems
- Determine nutrition-sensitive agriculture, livelihoods in agricultural communities, the role of technology in nutrition and livelihoods and innovations in agriculture
- Identify agricultural value chains, community initiatives in improving nutrition and gender inequalities in food systems
- Recognize food security challenges, urban agriculture, social protection and food security
- Apply disaster risk management, private sector engagement and monitoring and evaluation for food security
- Develop food security action plans, capacity building for farmers and communities and public awareness and advocacy
- Carryout sustainable resource management, waste management in food systems and promoting biodiversity

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 nutrition, food security and livelihoods for government representatives, humanitarian and development organizations, health professionals, agricultural experts and extension workers, beneficiaries and community representatives, donors and funding agencies.

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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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.

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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 **2.75 CEUs** (Continuing Education Units) or **27.5 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.





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 HSE & Management 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, Senior HSE & Management Consultant 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-verse in **Performance Standards, Statistical Report Writing, Outsourcing Fundamentals, Supply Chain Management, Strategic Transport Planning, Transport System, Fleet Planning, Routing & Scheduling, Transport Cost Concepts & Elements, Costing Vehicles & Trips, Tariff Fixing, Project Planning & Delegating, Risk, Budgeting & Cost Management** in Projects, **Project Management Practices, Project Management Disciplines, Project Risk Management, Risk Identification Tools & Techniques, Project Life Cycle, Basic Motivation Management, Data Analysis, Performance Assessment & Appraisal, Manpower Planning, Managing & Coordinating Training, Strategic Talent Management, Developing Others, Strategic Project Leadership, Protocol and Diplomatic Skills, Digital Transformation, Managing Employees Performance, Performance Evaluation, Strategic Foresight 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's** 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 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.

Accommodation

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

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: Monday, 13th of October 2025

0800 - 0830	<i>Registration & Coffee</i>
0830 - 0845	<i>Welcome & Introduction</i>
0845 - 0900	PRE-TEST
0900 - 1000	Introduction to Nutrition <i>Definition & Importance of Nutrition • Macronutrients & Micronutrients • Dietary Guidelines & Nutritional Requirements • Common Nutrition-Related Health Issues</i>
1000 - 1030	Basics of Food Security <i>Definition & Dimensions of Food Security: Availability, Access, Utilization, & Stability • Global & UAE Food Security Context • Key Indicators for Measuring Food Security • Current Challenges in Achieving Food Security</i>
1030 - 1045	<i>Break</i>
1045 - 1200	Nutrition & Food Security: Linkages <i>How Food Security Impacts Nutrition • The Role of Agriculture in Improving Nutrition • Nutritional Outcomes of Food Insecurity • Case Studies: Global & UAE Perspectives</i>
1200 - 1300	<i>Lunch</i>
1300 - 1400	Malnutrition: Causes and Consequences <i>Types of Malnutrition (Undernutrition, Overnutrition, Hidden Hunger) • Determinants of Malnutrition: Social, Economic & Environmental Factors • Health & Productivity Impacts of Malnutrition • Prevention Strategies</i>
1400 - 1415	<i>Break</i>



1415 - 1430	Policy Frameworks for Food Security & Nutrition International Frameworks (E.G., SDG 2, FAO Guidelines) • UAE's National Food Security Strategy 2051 • Key Policies Supporting Agriculture & Nutrition • Policy Implementation
1430 - 1450	Livelihoods & Resilience Definition of Livelihoods & Its Components • Resilience in the Context of Food Systems • Linking Livelihoods to Food Security • Importance of Sustainable Agricultural Practices
1450 - 1500	Recap
1500	End of Day One

Day 2: Tuesday, 14th of October 2025

0800 - 0930	Components of Food Systems Definition & Structure of Food Systems • Food Production, Distribution, & Consumption • Role of Food Systems in Achieving Nutrition Outcomes • Food System Challenges in the UAE
0930 - 0945	Break
0945 - 1100	Sustainable Agriculture & Nutrition Principles of Sustainable Agriculture • Agroecology & Nutrition-Sensitive Agriculture • Diversified Food Production for Improved Diets • Case Studies of Sustainable Agricultural Practices
1100 - 1200	Food Processing & Preservation Nutritional Impact of Food Processing • Techniques for Preserving Food Quality & Nutrients • Food Fortification & Biofortification • Addressing Food Waste in Processing
1200 - 1300	Lunch
1300 - 1330	Access to Safe & Nutritious Food Food Safety Principles & Regulations • Ensuring Food Safety • Promoting Nutritious & Culturally Appropriate Foods • Consumer Education on Safe Food Practices
1330 - 1400	Role of Markets in Food Security Importance of Functional Food Markets • Market Linkages for Farmers & Food Producers • Impact of Food Prices on Nutrition • Innovations in Food Marketing
1400 - 1415	Break
1415 - 1450	Climate Change & Food Security Climate Change Impacts on Agriculture & Food Systems • Adaptation Strategies for Resilient Food Systems • Role of Technology in Climate-Smart Agriculture • UAE's Initiatives for Addressing Climate Impacts
1450 - 1500	Recap
1500	End of Day Two

Day 3: Wednesday, 15th of October 2025

0800 - 0930	Nutrition-Sensitive Agriculture Principles & Benefits of Nutrition-Sensitive Agriculture • Crop Diversification for Nutritional Outcomes • Promoting Local & Traditional Foods • Case Studies: Global & UAE Initiatives
0930 - 0945	Break
0945 - 1100	Livelihoods in Agricultural Communities Challenges Faced by Agricultural Households • Diversifying Income Sources • Women's Role in Agriculture & Food Security • Empowering Smallholder Farmers



1100 – 1200	Role of Technology in Nutrition & Livelihoods <i>Innovations in Agriculture: Precision Farming, Vertical Farming • Technology for Improving Nutritional Outcomes • ICT Solutions for Smallholder Farmers • Role of Artificial Intelligence in Agriculture</i>
1200 - 1300	Lunch
1300 – 1330	Agriculture & Food Value Chains <i>Overview of Agricultural Value Chains • Adding Value to Food Products • Challenges & Opportunities in Value Chain Development • Policies to Support Inclusive Value Chains</i>
1330 – 1400	Community-Based Nutrition Interventions <i>Role of Community Initiatives in Improving Nutrition • School Feeding Programs & Their Impact • Nutrition Education for Vulnerable Populations • Mobilizing Community Resources</i>
1400 - 1415	Break
1415 – 1450	Gender & Nutrition <i>Gender Dimensions of Food Security & Livelihoods • Women’s Empowerment for Improved Nutrition • Gender-Sensitive Agricultural Policies • Addressing Gender Inequalities in Food Systems</i>
1450 - 1500	Recap
1500	End of Day Three

Day 4: Thursday, 16th of October 2025

0800 – 0930	Food Security Challenges in the UAE <i>Water Scarcity & Agricultural Productivity • Import Dependency & Global Trade Risks • Urbanization & Its Impact on Food Systems • Role of Technology in Overcoming Challenges</i>
0930 – 0945	Break
0945 - 1100	Urban Agriculture & Food Security <i>Concepts of Urban Agriculture • Rooftop & Vertical Farming Initiatives • Community Gardens & Their Impact • UAE Examples of Urban Agriculture Success</i>
1100 – 1200	Social Protection & Food Security <i>Role of Social Safety Nets in Reducing Food Insecurity • Examples of Cash Transfer Programs & Food Subsidies • Targeting Vulnerable Populations • Integration with Agricultural Support Programs</i>
1200 - 1300	Lunch
1300 – 1330	Disaster Risk Management & Food Security <i>Managing Food Security in Emergencies • Early Warning Systems for Food Crises • Disaster Preparedness • Case Studies of Food Security Response Efforts</i>
1330 – 1400	Private Sector Engagement <i>Role of Private Enterprises in Food Systems • Public-Private Partnerships for Nutrition & Food Security • Innovative Business Models in Agriculture • Corporate Social Responsibility in the Food Sector</i>
1400 - 1415	Break
1415 – 1450	Monitoring & Evaluation for Food Security <i>Importance of Data in Food Security Planning • Tools for Monitoring Food Security & Nutrition • Developing Key Performance Indicators • Tracking Progress</i>
1450 - 1500	Recap
1500	End of Day Four



Day 5: Friday, 17th of October 2025

0800 – 0930	Developing Food Security Action Plans <i>Steps for Designing an Effective Action Plan • Aligning Strategies with UAE’s National Food Security Strategy • Incorporating Stakeholder Input • Setting Measurable Goals</i>
0930 – 0945	<i>Break</i>
0945 - 1100	Capacity Building for Farmers & Communities <i>Training Programs for Farmers • Building Community Resilience • Knowledge-Sharing Platforms • Partnerships for Capacity Development</i>
1100 – 1200	Public Awareness & Advocacy <i>Designing Nutrition & Food Security Campaigns • Engaging with Media & Influencers • Role of Schools & Community Centers • Behavioral Change Strategies</i>
1200 - 1300	<i>Lunch</i>
1300 – 1330	Sustainable Resource Management <i>Efficient Use of Water & Land Resources • Integrating Renewable Energy in Agriculture • Waste Management in Food Systems • Promoting Biodiversity</i>
1330 - 1345	<i>Break</i>
1345 – 1415	Collaboration & Partnerships <i>Working with International Organizations • Multi-Sectoral Approaches to Food Security • Role of Civil Society & NGOs • Strengthening Regional Food Security Initiatives</i>
1415 - 1430	Course Conclusion
1430 – 1445	POST-TEST
1445 – 1500	<i>Presentation of Course Certificates</i>
1500	<i>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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