Gender and Nutrition Training Course

Professional Development Training Course Outline

Category	Gender Studies	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

In today’s rapidly evolving world, understanding the intersection of gender and nutrition is critical for creating equitable, sustainable, and health-focused communities. Gender and Nutrition Training Course emphasizes the pivotal role of gender-sensitive nutrition strategies, highlighting how cultural norms, social structures, and biological differences influence dietary habits, food security, and health outcomes. Participants will explore innovative approaches to gender-responsive nutritional interventions, fostering inclusive policies, programs, and practices that promote the well-being of women, men, and marginalized groups. Through practical case studies and interactive exercises, the course equips professionals with the tools to integrate nutrition equity, empowerment, and sustainability into their work.

The course combines evidence-based knowledge with hands-on skills to address malnutrition, micronutrient deficiencies, dietary diversity, and food insecurity from a gender lens. Participants will develop the capacity to analyze, design, and implement gender-focused nutrition programs, using participatory methods, community engagement, and monitoring frameworks to ensure measurable impacts. By connecting gender equality, health outcomes, and nutrition policy, this training prepares practitioners, policymakers, and community leaders to champion inclusive, effective, and culturally sensitive nutrition solutions across diverse populations.

Programme Curriculum

Gender and Nutrition Training Course

Introduction

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Course Duration

5 days

Course Objectives

1. Understand the relationship between gender dynamics and nutrition outcomes.
2. Analyze cultural, social, and economic determinants of nutrition inequities.
3. Promote gender-sensitive dietary assessment and data collection.
4. Design inclusive nutrition programs targeting vulnerable populations.
5. Address maternal, infant, and adolescent nutrition from a gender perspective.
6. Integrate nutrition equity into public health policies and interventions.
7. Apply evidence-based strategies to combat malnutrition and micronutrient deficiencies.
8. Build skills for community engagement and participatory approaches in nutrition.
9. Enhance knowledge of food security, dietary diversity, and sustainable diets.
10. Develop monitoring and evaluation frameworks for gender-focused nutrition programs.
11. Promote empowerment and decision-making in household nutrition.
12. Identify global best practices and innovations in gender and nutrition.
13. Advocate for policy reforms and gender-responsive nutrition initiatives.

Target Audience

1. Nutritionists and dietitians
2. Public health professionals
3. Community health workers
4. Policy makers and program managers
5. NGO and humanitarian staff
6. Researchers and academicians
7. Gender specialists
8. Agricultural and food security practitioners

Course Modules

Module 1: Introduction to Gender and Nutrition

- Overview of gender roles in food systems
- Gender disparities in nutritional outcomes
- Key nutrition concepts and indicators
- Case study: Gender-based malnutrition in rural Kenya

- Mapping nutrition inequities

Module 2: Maternal and Child Nutrition

- Importance of maternal nutrition
- Breastfeeding and complementary feeding practices
- Gendered barriers to child nutrition
- Case study: Impact of maternal education on child nutrition in Bangladesh
- Designing maternal nutrition interventions

Module 3: Adolescent Nutrition and Gender

- Nutritional needs of adolescent girls and boys
- Gender-specific challenges in schools
- Micronutrient supplementation strategies
- Case study: School-based nutrition programs in India
- Addressing cultural barriers to adolescent nutrition

Module 4: Food Security and Gender Equity

- Gendered access to food resources
- Household decision-making and dietary diversity
- Nutrition-sensitive agriculture
- Case study: Women-led farming initiatives in Ethiopia
- Creating community food security plans

Module 5: Nutrition Policy and Advocacy

- Gender-responsive nutrition policies
- Global nutrition frameworks
- Stakeholder engagement strategies
- Case study: Policy reform for gender equity in Guatemala
- Advocacy planning for local nutrition policy

Module 6: Program Design and Implementation

- Steps for designing gender-sensitive nutrition programs
- Participatory approaches and tools
- Targeting vulnerable populations
- Case study: NGO nutrition programs in Sub-Saharan Africa
- Designing a mini nutrition intervention

Module 7: Monitoring and Evaluation

- Indicators for gender-sensitive nutrition outcomes
- Data collection methods
- Tools for assessing program impact
- Case study: Evaluating community nutrition programs in Kenya
- Creating an M&E plan

Module 8: Innovations and Best Practices

- Digital tools for nutrition tracking

- Community-driven nutrition solutions
- Scaling successful interventions
- Case study: Mobile nutrition apps for women farmers in Nigeria
- Innovative solutions for local challenges

Training Methodology

This course employs a participatory and hands-on approach to ensure practical learning, including:

- Interactive lectures and presentations.
- Group discussions and brainstorming sessions.
- Hands-on exercises using real-world datasets.
- Role-playing and scenario-based simulations.
- Analysis of case studies to bridge theory and practice.
- Peer-to-peer learning and networking.
- Expert-led Q&A sessions.
- Continuous feedback and personalized guidance.

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price

23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

Register Online Now

Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com