



Kick-Off Training was completed in six provinces!!

Kick-Off Training (KOT) for all target provinces was completed in April. The preparation and implementation of KOT was led by the provincial CPU members and various ideas were seen in each province. Also, we created the “*Tebakari Eiyouthhou*” (Hand-scale to serve food) for promoting nutrition improvement as the material for Mid-Term Training (MTT). So, we share some activities in April with you.

The target area and schedule of 3rd phase

As an initial meeting of the 3rd phase, Japanese experts had a meeting with HQ CPU members and explained the activities (work plan of 3rd phase). The target province and district of the project have not changed as before. (6 provinces and 45 districts) But, it has been confirmed that Luano district is replaced by Chitambo district which is not have much potential for COBSI in Central province. The schedule of this phase until August is as follows.

April	<ul style="list-style-type: none"> •KOT implementation •Subcontracting Agreement (COBSI research)
May	<ul style="list-style-type: none"> •Staring Demo farm activity •Permanent weir construction
June	<ul style="list-style-type: none"> •Agriculture show
July	<ul style="list-style-type: none"> •Preparation for MTT •KOT (COBSI research)
Aug	<ul style="list-style-type: none"> •MTT implementation

KOT has completed in 6provinces

Kick-Off Training (KOT) was completed in six provinces.



KOT implementation in New provinces. Participants learn how to construct a simple weir, an entry point of small-scale irrigation development in the field.

From this time, the composition of participants was changed, and training was conducted mainly by CPU members. Based on a request from the CPUs, the number of CEOs was increased instead of the district officers. Besides, each CPU modified the KOT program along with the context of the province. For example, Luapula and Northern provinces conducted a market survey in several markets to grasp the characteristics of the market in the area. The practical training of simple weir rehabilitation was conducted in the FU provinces which was not included in the original KOT modules. Also, the district officers who participated in the E-COBSI training before gave a lecture on some topics of KOT instead of CPU members as an OJT. Letting the district officers be a trainer of some training, it could encourage them to understand the training contents and actively participated in the training. On the final day of the training, the participants themselves planned activity goals during the coming dry season. After that, the participants returned to each district/camp and carried out activities such as disseminating COBSI by OJT and developing the SHEP approach. Approximately 320 district officers and CEOs participated in KOT training.



KOT implementation in FU provinces. Participants learnt SHEP approach. Luapula and Northern provinces conducted a market survey in several markets to grasp the characteristics of the market.

COBSI research has started in Central province

COBSI research for measuring the impact of COBSI approach in Central province has started. On April 25, a contract was signed with the local subcontractor for the baseline, intermediate, and end-line surveys. The overview and schedule of this survey is as follows.

Overview of the survey

Target area	3 districts (Kapiri Mposhi, Chisamba, Chibombo)
Target site	98 sites
House hold	2,288 HH
Survey method	RCT: randomized controlled trial

Schedule of the survey

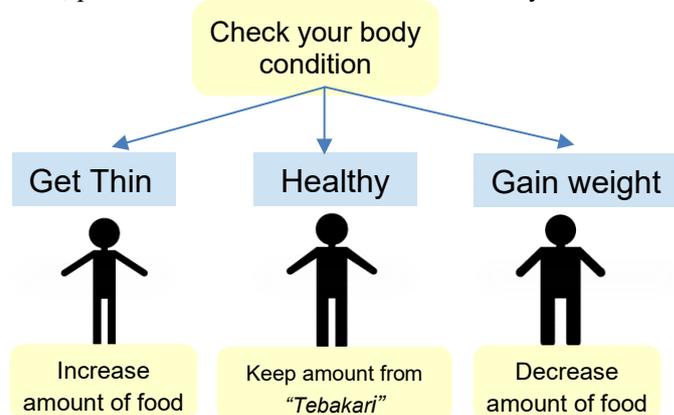
項目	2022												2023											
	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12		
1. Impact survey: 再委託																								
2. 研修 (district TSB, BEO and CEO)																								
3. モニタリング																								

Create "Tebakari Eiyouhou" for promoting of nutrition improvement

We modified the "Tebakari Eiyouhou" (Hand scale to serve food) based on advice from a nutritionist in Japan, which is the extension material for promoting nutrition improvement. One of the challenges farmers faces is the lack of knowledge on nutrition and dietary diversification. The "Tebakari Eiyouhou" provides dietary recommendations with many pictures and simple messages to enable farmers to understand what varieties of food and how much they should eat. This method is so much easier for farmers to understand. Please consider your body, a taller person has bigger hands than a shorter person's hands. Body size is roughly proportional to necessary dietary allowances. That is why we use our hands to measure the amount of food to be served daily food amount.

Tips for using "Tebakari Eiyouhou" (Hand scale)

First, exactly try "Tebakari Eiyouhou" (Hand scale to serve food daily) and check people's body condition. If people feel healthy, keep the amount from "Tebakari Eiyouhou". If people feel they get thin and want to increase more weight, please increase the amount of hands they serve. If people feel you gain weight too much, please decrease the amount of hands they serve.



In addition to the above condition, the following type of people or people having low/a lot of activities are better to adjust the amount of food based on "Tebakari".

* Pregnant or lactating woman

Pregnant and lactating women can increase +20 to +30 % of food to be served from the standard (P1).

* Active young man

Active young people can increase +20% of food to be served from the standard (P1).

* Elderly people

Since elderly people decrease the amount of work, they can reduce 20% of "yellow" food from the standard. (P1).



P1. Standard

"Tebakari Eiyouhou" Hand Scale for serving food per day in Zambia

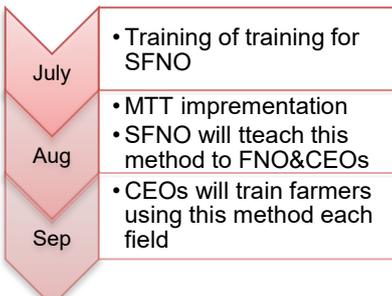
- Cereals and Starchy Tubers/Roots:** 3 rumps of Nshima per day (depending on activities), 1/2 handful of tubers/root per day.
- Fruits:** 2.5 circle of fruits per day (2-3 types of fruits). Eat moderate.
- Vegetable:** 3 handful of vegetables per day. Eat a lot. Other vegetable...
- Meats, Poultry, Fish:** 1 handful of meat and fish per day. Eat enough. Other Protein...
- Legumes/Pulses/Nuts:** 1 handful of Legumes. Other Legumes...
- Oil:** Three spoons.
- Dairy:** 1 glass of milk. Other Dairy... Yogurt, Sour Milk.

Yellow Food—Energy Giving
Green Food—Protective Food
Red Food—Body Building

Developed based on "Tebakari Eiyouhou" ©Health Planning Aichi by Masako Tanaka

Further schedule of this method

We will train this method to FNOs and CEOs in Midterm of training by SFNO. So, the following is the further schedule for it.



Tebakari Eiyouhou (Hand scale to serve food) for promoting of nutrition improvement created by our team and SFNO/HQ