



Institute of Nutrition of Central America and Panama -INCAP-



INCAP PROJECTS PORTFOLIO

The purpose of the Bulletin is to disseminate relevant and timely projects and agreements executed by the Institute and proposals in development and implementation, and news of interest related to the topic. This will be a periodic distribution release aimed at internal and external users of INCAP.

AGREEMENTS IN EXECUTION

1 FOUNDATIONS

TITLE: Agreement of Cooperation between the Institute of Nutrition of Central America and Panama (INCAP) and the Foundation for Food and Nutrition of Central America and Panama (FANCAP).

EFFECTIVE: 15/03/2010 - 14/03/2020

OBJECTIVE: To promote, manage and raise funds to support the mission and the work of INCAP for the benefit of its member countries. Develop, implement and evaluate projects, plans and programs whose funding can be managed by FANCAP.



TITLE: Framework Agreement between the Riecken Foundation and INCAP.

EFFECTIVE: 31/05/2011 - 30/05/2015

OBJECTIVE: Jointly develop collaborative projects and training of human resources, research and outreach in areas, components and / or priority or emerging issues related to food and nutrition, determinants of food security and nutrition, prevention and control of chronic diseases related to nutrition and risk factors.



TITLE: Cooperation Agreement between the Faculty of Medicine and School of Nutrition of the Universidad Francisco Marroquín in Guatemala and INCAP.

EFFECTIVE: 22/5/2007 al 21/5/2012

OBJECTIVE: Establish the basis and mechanisms of collaboration between both institutions to develop work programs of mutual interest in teaching, research, dissemination and extension of services to the community and in all areas of commonality in their goals and institutional interests. Promote the development of scientific relations, technical and academic among institutions.



TITLE: Framework Agreement between the Aldo Castañeda Foundation and INCAP.

EFFECTIVE: 18/02/2011 - 17/02/2015

OBJECTIVE: Jointly develop collaborative projects and training of human resources, research and outreach in areas, components and / or priority or emerging issues related to food and nutrition, determinants of food security and nutrition, prevention and control of chronic diseases related to nutrition and risk factors.



TITLE: Agreement between the University of San Carlos de Guatemala and INCAP.

EFFECTIVE: Indefinite

OBJECTIVE: Collaborate with each other in the nutrition education activities and related sciences.



Quarterly Bulletin
Project Management Office

Volume III, No. I

Guatemala, May 2012

Topics of interest :

- ✓ Implementation Agreements
- ✓ Agreements in Negotiation
- Agreements Concluded
- Projects in Execution
- Projects in Negotiation
- Projects Completed

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2 ACADEMIA

TITLE: Framework Agreement between the National Autonomous University of Nicaragua and INCAP.

EFFECTIVE: 27/5/2010 -26/5/2014


OBJECTIVE:
Jointly develop collaborative projects and training of human resources, research and outreach in areas, components and / or priority or emerging issues related to food and nutrition, determinants of food security and nutrition, prevention and control of chronic diseases related to nutrition and risk factors.



TITLE: Framework Agreement between the University of Belize and INCAP.

EFFECTIVE: 7/7/2010-6/7/2012


OBJECTIVE:
Jointly develop collaborative projects and training of human resources, research and outreach in areas, components and / or priority or emerging issues related to food and nutrition, determinants of food security and nutrition, prevention and control of chronic diseases related to nutrition and risk factors.



TITLE: Academic Cooperation Agreement between the University of Science and Arts of Chiapas (UNICACH) and INCAP.

EFFECTIVE: 1/2/2010 – 31/1/2013


OBJECTIVE:
Jointly develop collaborative projects and training of human resources, research and outreach in areas, components and / or priority or emerging issues related to food and nutrition and determinants of food security and nutrition.



TITLE:
Cooperation Agreement between the National Public Health Institute of Mexico (INSP) and INCAP.

EFFECTIVE: 5/4/2010-4/4/2015


OBJECTIVE:
Establish the basis and mechanisms operating between the two institutions to coordinate their activities in the field of public health regarding the education, training and upgrading of human resources for health, professional standards or graduate; use and presentation of physical facilities and equipment technical, academic staff exchanges, collaboration in the design and implementation of research projects, advice and scientific and technological assistance and the organization and conduct of scientific and academic events.



TITLE:
Framework Agreement between the Autonomy University of Santo Domingo and INCAP.

EFFECTIVE: 30/9/2010-29/8/2012


OBJECTIVE:
Jointly develop collaborative projects and training of human resources, research and outreach in areas, components and / or priority or emerging issues related to food and nutrition, determinants of food security and nutrition, prevention and control of chronic diseases related to nutrition and risk factors.



TITLE:
Framework Cooperation Agreement between the University of El Salvador and INCAP.

EFFECTIVE: 09/11/2010 – 08/11/2012

OBJECTIVE:
Jointly develop collaborative projects and training of human resources, research and outreach in areas, components and / or priority or emerging issues related to food and nutrition, determinants of food security and nutrition, prevention and control of chronic diseases related to nutrition and risk factors.



AGREEMENTS IN EXECUTION

2 ACADEMIA

TITLE: Framework Agreement between the National Autonomous University of Honduras and INCAP.



EFFECTIVE: 17/1/2011 – 16/1/2013

OBJECTIVE: Jointly develop collaborative projects and training of human resources, research and outreach in areas, components and / or priority or emerging issues related to food and nutrition, determinants of food security and nutrition, prevention and control of chronic diseases related to nutrition and risk factors.

TITLE: Framework Agreement between the National Evangelical University of the Dominican Republic and INCAP.

EFFECTIVE: 04/03/2011-03/03/2013

OBJECTIVE: Jointly develop collaborative

projects and training of human resources, research and outreach in areas, components and / or priority or emerging issues related to food and nutrition, determinants of food security and nutrition, prevention and control of chronic diseases related to nutrition and risk factors.



TITLE: Framework Agreement between the Central American University Council (CSUCA) and INCAP .

EFFECTIVE: 12/04/2011 – 11/04/2015

OBJECTIVE: Jointly develop collaborative projects and training of human resources, research and outreach in areas, components and / or priority or emerging issues related to

food and nutrition, determinants of food security and nutrition, prevention and control of chronic diseases related to nutrition and risk factors.



TITLE: Subcontract between the University of Cape Town and INCAP.

EFFECTIVE: 14/07/2011 – 13/07/2013

OBJECTIVE: Support the project "Evaluation Study of Cardiovascular Disease Risk by Health Promoters and Health Professionals" by classifying patients according to their level of cardiovascular risk. The health workers in Guatemala are some of the region of Lake Atitlan.



TITLE: Specific Agreement on Cooperation between the Centre for Research and Health of the National Autonomous University of Nicaragua (CIES / UNITE) and INCAP.

EFFECTIVE: 03/01/2012-03/07/2012

OBJECTIVE: Implementing the American Diploma in Monitoring and Evaluation Management Policy and Programs HIV / AIDS in Nicaragua.



TITLE: Framework Cooperation Agreement between the University of Panama and INCAP.

EFFECTIVE: 11/05/2012-10/05/2014

OBJECTIVE: Jointly develop collaborative projects and training of human resources, research and outreach in areas, components and / or priority or emerging issues related to food and nutrition, determinants of food security and nutrition, prevention and control of chronic diseases related to nutrition and risk factors.



TITLE: Framework Cooperation Agreement between the Central American Technological University (UNITEC) and INCAP.

EFFECTIVE: 21/02/2012-20/02/2017

OBJECTIVE: Jointly develop collaborative projects and training of human resources, research and outreach in areas, components and / or priority or emerging issues related to food and nutrition, determinants of food security and nutrition, prevention and control of chronic diseases related to nutrition and risk factors.



AGREEMENTS IN EXECUTION

3 COOPERATION AGENCIES

TITLE: Framework Agreement signed between World Vision Honduras and INCAP.

EFFECTIVE: 9/6/2010 – 8/6/2012



OBJECTIVE: Jointly develop collaborative projects and training of human resources, research and outreach in areas, components and / or priority or emerging issues related to food and nutrition and determinants of food security and nutrition.

TITLE: Specific Agreement on Cooperation between CARE Guatemala and INCAP for the implementation of activities in the framework of the Comprehensive Care of Children Vulnerable "EDUCATE".

EFFECTIVE: 15/4/2011 – 14/4/2013



OBJECTIVE: Establish a partnership with CARE and INCAP to develop the methodology for Food and Nutrition Education-FNE, in primary schools in the framework of the Comprehensive Care for Vulnerable Children "EDUCATE" establishing coordination mechanisms related technical planning, implementation, support and evaluation of training processes in order to improve knowledge, attitudes and practices in health and nutrition, so that this instruction is given to teachers, students, mothers and parents in areas that are developing this project: municipalities Nahuala, department of Solola and Quetzaltenango Huitan.

TITLE: Cooperation Agreement between the Pan American Health Organization / World Health Organization and INCAP.

EFFECTIVE: Biennium 2012-2013

OBJECTIVE:

Establish the terms and conditions governing the relations of cooperation between INCAP



and PAHO / WHO to implement activities and interventions aimed at achieving their strategic objectives in the area of Nutrition and Food Security and Nutrition in the sub region which are part of the member countries of INCAP.

TITLE: Partnership Agreement between the Ministry of Food Sovereignty and Food and Nutrition Security -SESSAN, United Nations Organization for Food and Agriculture -FAO, World Food Programme-WFP, Pan American Health, PAHO and INCAP.

EFFECTIVE: 15/03/2012—30/09/2012

OBJECTIVE: Implementation of the Diploma Virtual "Nutrition and Health in Emergencies," Nicaragua Edition 2012.



4 GOVERNMENT AGENCIES

TITLE: Technical Cooperation Agreement between the Ministry of Environment and Natural Resources (MARN) in Guatemala and PAHO / WHO through INCAP.

EFFECTIVE: 08/05/2009 al 07/05/2014

OBJECTIVE: This Agreement aims at the assembly, installation and operation of one station Monitoring Air Quality in a local within the premises of INCAP.



TITLE: Framework Cooperation Agreement between the Commission for Scientific and Technological Development of Central America, Panama and Dominican Republic (CTCAP) and INCAP.

EFFECTIVE: 12/04/2011 – 11/04/2015

OBJECTIVE: Jointly develop collaborative projects and training of human resources, research, technology transfer and outreach in areas, components and / or priority or emerging issues related to food and nutrition, determinants of food security and nutrition, prevention and control nutrition-related chronic diseases and their risk factors.



TITLE: Agency Framework Agreement signed between the Ministry of Food and Nutrition Security of the Presidency of the Republic of Guatemala (SESAN) and INCAP.

EFFECTIVE: 31/08/2011 – 30/08/2013

OBJECTIVE: Establish the basis of cooperation and INCAP SESAN to enable the implementation, execution and development jointly project human resource training, research and outreach in areas with components and priorities and emerging issues related to food and nutrition and determinants of food security and nutrition.



TITLE: Framework Agreement between the Nicaraguan Institute of Tourism and INCAP.

EFFECTIVE: 07/09/2011 – 06/09/2015

OBJECTIVE: Develop a joint and collaborative programs and projects for Food Safety in the tourism sector, Health Food and Nutrition Security in Nicaragua.

TITLE: Framework Agreement between the Ministry of Education of Nicaragua and INCAP.

EFFECTIVE: 28/09/2011 – 27/09/2016

OBJECTIVE: Establish partnerships between the parties to jointly develop processes that lead to the formation of human resources (work-study mode), in-service training, development and transfer of methods and techniques related to SSAN in the Education Sector, and monitoring and evaluation of cooperation activities.





5 PRIVATE SECTOR

TITLE: Interagency Cooperation Agreement between the Comprehensive Agricultural Cooperative Union of Four Pines and INCAP.

EFFECTIVE: 30/3/2010 – 29/3/2020

OBJECTIVE: Inter-agency cooperation for joint mobilization of financial and nonfinancial resources for development projects in the areas of availability, accessibility and biological utilization of food. Capacity building through training in areas of mutual interest to promote the development of institutional capacities to promote the competitiveness of both institutions.




6 CENTRAL AMERICAN INTEGRATION SYSTEM

TITLE: Technical Cooperation Agreement between the Executive Secretariat of the Council of Ministers of Health of Central America and the Dominican Republic SE-COMISCA and INCAP.

EFFECTIVE: 24/09/2010 – 23/09/2012


OBJECTIVE: Support the development and promotion of a Regional Policy for Food Security and Nutrition (SAN) with a cross-sectoral approach and cooperate in the development and / or strengthening of regional initiatives and strategies for prevention and control of non communicable diseases related to nutrition with a comprehensive approach.



TITLE: Memorandum of Understanding between the Institute of Nutrition of Central America and Panama (INCAP) and the Consultative Committee of the Central American Integration System (CC-SICA).

EFFECTIVE: 19/07/2011 – 18/07/2015


OBJECTIVE: Establish mechanisms to obtain timely review of the CC-SICA on important aspects of process implementation and institutionalization of the Agenda and Plan Health and Food Safety and Nutrition.



TITLE: Agreement between the Council of Ministers of Health of Central America and Dominican Republic (COMISCA) and INCAP for the Use of INCAP IV Offices Building as COMISCA Offices.

EFFECTIVE: 01/10/2011 – 30/09/2012

OBJECTIVE: Lease of three offices located on the second floor of INCAP Building IV for exclusive operation of their diplomatic representation offices and five spaces for vehicular parking area located in the visitors.



AGREEMENTS IN NEGOTIATION

- General Cooperation Agreement between the American Institute for Cooperation on Agriculture (IICA) and INCAP.
- Interagency Cooperation Agreement between the Foundation of Coffee for Rural Development (FUNCAFE), INCAP and the Shalom Foundation.
- Framework Cooperation Agreement between the Central American University "Jose Simeon Cañas" and INCAP.
- Framework Cooperation Agreement between Food, Inc. and INCAP.
- Framework Cooperation Agreement between the National Pedagogical University Francisco Morazan and INCAP.
- Agency Framework Agreement between the Dominican Social Security Institute (IDSS) and INCAP.
- Partnership Agreement between INCAP and the Central American System for Research and Graduate Studies (SICAR) Central American University Higher Council (CSUCA) in support of the Network of Chronic Disease Research (RIIEC) of Mesoamerica and the Dominican Republic

NEWS OF INTEREST

NOMINATION TO THE WORLD FOOD PRIZE



The World Food Prize is the most prestigious international award that recognizes successful individual achievements that have led to the advancement of human development by improving the quality, quantity and availability of food worldwide. Several heads of state have called "the Nobel Prize for Food and Agriculture."

The World Food Prize was created in 1986 by winning the Nobel Peace Prize, Dr. Norman E. Borlaug, whose work initiated the Green Revolution that earned him recognition as the man who "saved more lives than any other person who ever lived." The Foundation of the World Food Prize was established in 1990 by Iowa businessman and philanthropist John Ruan.

The World Food Prize is awarded every October in, or around World Food Day United Nations - October 16 - in a lavish ceremony at the Iowa State Capitol also takes held an international symposium called the "Borlaug Dialogue", which attracts experts and world leaders from over 65 countries. It also holds the Global Youth Institute of World Food Prize for high school students-top.

The winners of the World Food Prize has made key contributions to ensure that millions of women, men and youth in need with adequate food and nutrition. The winners of the World Food Prize represent a group of countries, among them are Bangladesh, Brazil, China, Cuba, Denmark, Ethiopia, India, Mexico, Sierra Leone, Switzerland, United Kingdom, the United Nations and the United States of America.

On this occasion, the Ministers of Health of Central America and the Dominican Republic and the Pan American Health Organization (PAHO / WHO), meeting at the LXII INCAP Directing Council Meeting, have agreed to support the nomination for the candidacy of Dr. Ricardo Bressani Castignoli, Researcher Emeritus of INCAP, to qualify for the award, for all his contributions and scientific contributions in the area of food and nutrition.



Dr Bressani has made outstanding research management at INCAP in various areas of food and nutrition since 1951. His early work focused on the nutritional value of maize genetic variability of maize, beans and other legumes, the staple food of Guatemala and other countries in the region. His main research activities have been to find practical solutions to some of the nutritional problems affecting the population, particularly children and women in developing countries and especially in Central America. He has led a group of researchers from developing INCAP flour mixtures of cereals and pulses, known as INCAP-FLOUR which have been used by the private sector for the manufacture of high nutritional value of low cost and respond to the eating habits of the population, particularly the most vulnerable populations. One of the formulations, known under the trade name of Incaparina has revolutionized American diet and has contributed to the solution of nutritional problems. At present a wide variety of forms of this formula are marketed within and outside the region.



Dr. Bressani, INCAP staff wish you luck in this nomination!

CODE OF ETHICS FOR INCAP STAFF

The Code of Ethics for INCAP staff was approved by the LXII INCAP Directing Council Meeting held in Belize on March 22 and 23, 2012, by Resolution VII. This code is available to all human resources of the Institute as a key tool to help you make the best decisions in their daily activities, and promote a work environment pleasant, helpful and transparent to all, allowing a full experience of institutional values raised in our Staff Rules. With this, we intend to maintain consistency between organizational culture and our actions, promote high ethical standards among employees of INCAP, and protect the institutional interests of stakeholders, agency staff, partners and counterparts.



If you have concerns about what is appropriate behavior to be followed by you or anyone else raised this concern to his superiors through any of the ducts that the institution offers: a) Through the coordinator (a) its technical unit; b) the head of human resources, c) The Administrator of the Institute, and d) the Director of the Institute. Nothing in our institution is more important than the experience full of integrity.

INCAP Managers have the additional responsibility of making compliance with the Code of Ethics is a vital part of our technical and administrative activities. Concerns about the appropriate behavior should communicate immediately with consideration and respect.

DO YOU KNOW THAT...

RULES OF EXTERNAL ADVISORY COMMITTEE -EAC

INCAP has an External Advisory Committee, composed of one representative appointed by each of the Ministers of Health of Member States, a representative of PAHO / WHO and international experts appointed by the Director of INCAP in consultation with the Directing Council prior to their appointment. It is established that the External Advisory Committee members are five officers and forward this number is subject to the conditions laid down in the Basic Agreement of the Institute. Currently the international experts who make up the EAC are: Doctors Reynaldo Martorell, Rafael Flores-Ayala, Omar Dary, Juan Rivera Dommarco and Hernán L. Delgado.

The External Advisory Committee will play before the bodies of INCAP address the following functions: a) Make recommendations regarding the planning, administration, implementation and evaluation of programs developed by INCAP; b) Suggest the imple-

mentation of new programs and projects consistent with the context of this Basic Agreement.; c) support INCAP in identifying opportunities and resource mobilization, and d) decisions regarding any other matter submitted for its consideration.

The EAC is permanent and its members shall be persons with technical and administrative capacity for health, food, nutrition and related disciplines. They meet regularly every four years and in special session whenever he deems necessary governing bodies of INCAP.

The Internal External Advisory Committee was approved by the Directing Council of INCAP in LXII Meeting held in Belize on March 23, 2012.



INSTITUTIONAL ETHICS COMMITTEE -IEC

The Institutional Ethics Committee-ICD during the period 2010-2012 has been for 16 ethics review and approval of research protocols, of which 13 have been approved and 3 are under review. 14 of them are institutional studies and 2 of them have been non-profit regional institutions.

For the review process has 31 reviewers (internal and external), including members of the Board of IEC which enabled the evaluation of biomedical research and contribute to safeguarding the dignity, rights, safety and welfare of current participants and potential research and assess the relevance, justification, design and proposed survey methodology, with special attention in studies involving vulnerable people.

NEWS



Benefits of eating fruit

1. The fruit contains sugar, mostly in the form of fructose. This becomes blood glucose, which is the main energy for the body.
2. Many fruits contain a good amount of fiber that slows the absorption of fructose, which helps us feel satisfied for longer and possibly lose weight. The fruit also helps reduce cholesterol and improve bowel function.
3. The fruit provides beneficial antioxidants and other nutrients that supplements do not.
4. There is growing evidence that eating more fruit (and vegetables) may prevent serious health conditions such as heart disease and cancer.
5. Eating potassium-rich fruit (bananas, melons) may help lower blood pressure and reduce the risk one has of developing kidney stones and bone loss.

TopHealth. Boletín de Salud y Bienestar. Abril 2012.



Benefits of fruits and vegetables

Fruits and vegetables are important sources of vitamins and other bioactive compounds in the diet and recommended consumption of 5 or more servings vegetables per day to help prevent the risk of chronic diseases.

Beets: Strengthens the heart, improves circulation, purifies the blood, benefits the liver, moisten the intestines and treats constipation.

Broccoli: Diuretics, used for eye inflammation.

Col: Moistens the intestines, benefits the stomach, improves digestion and skin. Try cold tea or soup and helps the cough, improves mental depression and irritability and helps clean the digestive system, garlic is used for parasites.

Carrot: It benefits the lungs, improves liver function, stimulates the elimination of waste, is a diuretic, it dissolves accumulations as stones and tumors, treats indigestion, including the acidity in the stomach.

Celery: Calms the liver and improve digestion, purifies blood, reduces wind conditions, such as dizziness and nervousness.

Cucumber: Counter toxins and helps to lift depression, cleanses the blood, quenches thirst, cleanses the skin, acts as a digestive aid.

Lettuce: It is sedative, diuretic, helps with edema and digestive fermentations. Used to start or increase breast milk and to treat hemorrhoids.

Tomato: It tones the stomach and cleanse the liver, purify the blood and detoxifies the body in general, promotes digestion.

Potato: Gives energy, lubricates the intestines, harmonizes the stomach and contains plenty of carbohydrates in the form of sugars.

The potato neutralizes acids in the body and relieve arthritis and rheumatism.

Onion: is pungent and affect the lungs, promotes heat in the body and produces energy therein.

Garlic: is used in pneumonia, tuberculosis, asthma, diarrhea and hepatitis. <http://www.alimentacion-sana.org>



INCAP PROJECTS PORTFOLIO

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We are on the web!!
<http://www.incap.int/>

MISSION

INCAP, a specialized in food and nutrition, is to support the efforts of Member States by providing technical cooperation to achieve and maintain food security and nutrition of their populations, through its basic functions of Research, Information and Communication, Technical Assistance, Training and Human Resource Development and Mobilization of Financial Resources and Non-Financial to support its mission.

VISION

INCAP in the context of Central American integration is a leading, self-sustaining and permanent in the field of food and nutrition in Central America and beyond its borders.

FUNCTIONS AND INSTITUTIONAL POLICIES

1. Direct Provision of Technical Assistance
2. Training and Human Resource Development
3. Research
4. Information and Communication
5. Mobilization of financial and nonfinancial resources



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Food and Nutrition Security

-FNS-

"The state in which all persons are, in a timely and permanent access to the food they need, in quantity and quality for adequate consumption and biological utilization by ensuring a welfare state that contributes to human development"

PRIORITY LINES OF INCAP TECHNICAL COOPERATION

- Technical cooperation for the training and human resource development in food and nutrition
- Strengthening the steering role of ministries of health in nutrition
- Promote and monitor public health problems associated with micronutrient
- Promoting healthy lifestyles and prevention of chronic non communicable diseases
- Surveillance, monitoring and evaluation in food and nutrition