

1st Zimbabwe Traditional and Organic Food Festival
7 Dec 2013 – 9am to 4pm – Botanic Gardens

Activities Programmes

Mini-talks Programme

Time	Name	Organisation	Topic
10:30	Delilah Takawira	Food and Agriculture Organisation	Just why a diversified diet is so important
11:30	Lindah Ngoshi	Ministry of Health and Child Welfare	Nutrition, obesity and stunting - the connections between them
12:30	Teresa Mungazi Elizabeth Small Kelvin Rocky	Environment Africa	Come and learn practical ways to limit the food you waste and how to compost what you do waste
2:00	Mr Chigwanha	Zimbabwe Diabetic Association	Diseases of diet
3:00	Mrs Chopera	University of Zimbabwe - Institute of Food, Nutrition and Family Sciences	Nutrition and infectious diseases

Cooking Demonstrations/Workshops

Time	Name	Organisation	Topic
9:30		SIRDC	Processing small grains
10:15	Bertha Nherera	Orshafoods	All about finger millet – the crop, main nutrients and uses. What a crop!
11:00	Anna Brazier		Food fortification – easy, tasty ways to make meals more nutritious
12:00	Patricia Mutsvandiyan	Kufunda Village	Cooking with sweet potato: sweet potato muffins and sweet potato and lemon drink
12:00	Marie-France Baron		Nyimo beans salad with pesto and savoury pancakes
2:00	Carl Joshua Ncube	Carl Can Cook	
3:00		BIZ and Yubab	How to prepare a no-bake baobab cheesecake (ginger and blueberry) Launch of Yubab's new baobab mahewu

Children's Edu-tainment Programme

Time	Topic
9:30-10:30	A balanced plate (drawing)
10:30-11:30	Know your foods
11:30-12:30	Fruits on a string
12:30-2:00	Chill out at the Edu-Centre
2:00-2:45	Nature trail/Treasure hunt
2:45-3:30	Making masks

Lunchtime Entertainment Programme

Time	
12:00-3:00	Batanai (traditional dance), Berina Community Arts - Traditional Theatre and Dance (harvest performance), McIntosh Jerahuni (mbira), Flow Child, Soulbone (local Soul/R&B), Batanai Marimba Ensemble, Savannah Afros