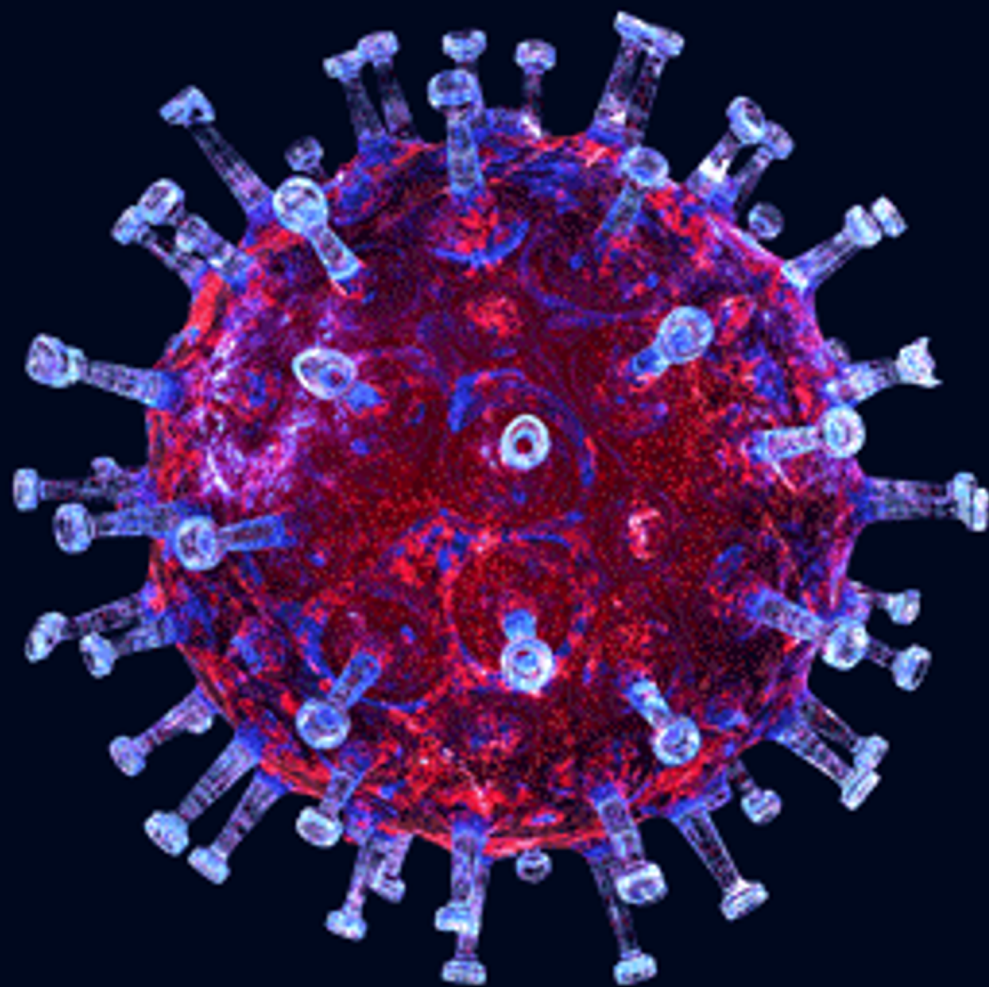


Nutrition in Digital World

The Opportunities and Risks of Digital Technologies in
Nutrition Behaviour Change and Capacity Building

Fernanda Ferreira dos Santos
Maria Elisabeth Machado Pinto e Silva



What?

How?

WHY?

Who?

WHEN?

WHY?

The background is a map of West Africa, showing countries like Mauritania, Mali, Niger, Burkina Faso, and Nigeria. A red horizontal bar is positioned at the top, containing the title. Below it is a large grey box with a folded corner at the bottom right, containing a quote. The Google My Maps logo is visible at the bottom right.

Learn to Improve Food Choices

“I am concerned about having a healthy and balanced diet since I am vegetarian at home (when I rarely feel the need for meat, I have it outside).” (participant 193)

HOPE

Scientific
X
Unscientific



experience


misinformation

A close-up photograph of a person's face, looking down at a smartphone. The person has a bored or disinterested expression. The lighting is dim and blue-toned. The word "BORED" is overlaid in large, bold, white, sans-serif capital letters across the center of the image.

BORED

Image: Siavash Ghanbari

Keep in mind:

- 1- Set your objectives*
 - 2- Get to know your audience*
 - 2.1- demands*
 - 2.2- wishes*
 - 2.3- reality*
 - 3- Plan your actions*
 - 4- Prepare GOOD content*
 - 5- Be present*
- 

DANKE!

THANK YOU!

MERCI!

GRAZIE!

GRACIAS!

DANK JE WEL!