

**NCDs Prevention and Cooking Demonstration Roadshow:
Aiwo District
Taiwan Technical Mission in Nauru**

1. Date: 23.05.2020 (Sat.)
2. Time: 10:00-13:00
3. Location: Carey Grammar Hall (Aiwo Dist.)
4. Participant: Residents in Aiwo District, target: 30 people
5. Speaker: Don Kadir (Public Health Centre)
Nutrition specialist James Yu (TTM in Nauru)
6. Programme:
 - 09:30-10:00 Venue decoration and preparation
 - 10:00-10:45 Sign in and anthropological measurement for participants
 - 10:45-11:00 Taking Individual Dietary Diversity Questionnaire
 - 11:00-11:02 Opening prayer
 - 11:02-11:10 Opening remarks:
Hon. Rennier Gadabu, **Minister of CIE**
Hon. Milton Ross Dube, **Member of Parliament**
Ms. Winnie Tsitsi, **District leader of Aiwo**
H.E. Dean Wang, **Ambassador**
 - 11:10-11:40 Speech of medicine (given by: Don Kadir)
Introduction of noncommunicable diseases (NCDs)
 - 11:40-12:30 Speech of nutrition and cooking demonstration
(given by: James Yu)
Balanced diet for NCDs prevention
 - 12:30-12:32 Closing prayer
 - 12:32-12:40 Group photo
 - 12:40-13:00 Seedling and compost giveaway
7. Menu of the cooking demonstration:
 - I. Okra salad
 - II. Skillet cabbage egg
 - III. Stir-fried eggplant with oyster sauce
 - IV. Tea eggs
 - V. Steamed rice with cauliflower