

Protocol for ToT on Small Millet Recipe Demonstration

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**Scaling up Small Millet Post-harvest and Nutritious
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Contents

1.	Background.....	1
2.	The purpose and expected outcomes of ToT.....	2
2.1.	Objectives.....	2
2.2.	Expected outcomes.....	2
3.	Process of ToT.....	3
3.1.	Preparation before ToT.....	3
3.1.1.	Selection of the ToT participants from locations.....	3
3.1.2.	Experienced resource person for ToT recipe demonstration.....	3
3.1.3.	Other logistic arrangements to be done before ToT.....	3
3.2.	Conducting ToT training sessions.....	4
3.2.1.	Organising the content.....	4
3.2.2.	Notes on specific sessions.....	6
3.2.2.1	Understanding the healthy diet.....	6
3.2.2.2.	Understanding small millets and their role in our health.....	6
3.2.2.3.	Demonstration of nutritious small millet recipes.....	7
3.2.2.4.	Conducting small millet recipe demonstration.....	8
3.2.2.5.	Action plan for recipe demonstration.....	9
3.2.2.6.	Oath taking.....	9
3.2.2.7.	Notes on possible games.....	9
3.3.	Follow up after TOT.....	9

Annex

1.	List of food materials used for ToT in Tamil Nadu.....	11
2.	Cooking kit used for ToT in Tamil Nadu.....	11
3.	Possible recipes for rural and urban setting in Tamil Nadu.....	12
4.	Protocol for recipe demonstration.....	13
5.	Action plan for small millet recipe demonstration.....	19
6.	Feedback form.....	21

Protocol for ToT on Small Millet Recipe Demonstration

1. Background

Many developing countries are facing the double burden of malnutrition, with hidden hunger on one side and obesity on the other. In India, there is large-scale prevalence of stunted growth among children and anaemia among pregnant women (IFPRI, 2015). Obesity is fast increasing across rural and urban areas (Kalra et al. 2012). Furthermore, chronic and non-communicable diseases are on the rise. For example, the prevalence of Type-II diabetes mellitus and impaired glucose tolerance were affecting, at an alarming rate, both rural (2.4%) and urban (11.6%) populations (Mohan et al. 2009). Increasing research and epidemiological evidence link the lack of dietary diversity to these health issues (Khoury et al. 2014). Small millets are one of the important traditional food groups that have been moved out of the food basket (Ramachandran, 2007). Small millets include finger millet, kodo millet, little millet, foxtail millet, proso millet, and barnyard millet. Small millets offer better nutrition with various micronutrients like vitamin B complex, calcium, iron and sulphur, high dietary fibre and low glycemic index when compared to mainstream cereals like rice and wheat (Saleh et al. 2013). They are known as both preventive and curative foods. Small millet crops also have the ability to adapt to a wider range of growing environments. Despite these advantages, small millets cultivation and consumption have declined across India.

Some of the reasons for decline in consumption in the production areas are low social status of small millet foods, resistance to change in dietary habits and inadequate transmission of knowledge and skills related to small millets from earlier generation to current generation. In most of the production areas, millets were replaced by other mainstream crops like rice and wheat. Wherever consumption is prevalent to an extent, small millets are consumed as porridge, rice and roti. These recipes are less attractive to the younger generations. But there are many attractive traditional small millet recipes like string hopper (*idiyappam*) and *gheer (payasam)* and there are many novel small millet recipes like *biryani*, *dosa*, etc. It is important to build the capacity of families, particularly women, on preparation of these recipes along with educating on the multiple benefits related to human health and environment that can accrue on bringing back small millets into regular diets. In the urban areas and places where small millets are not known, this kind of skill and knowledge building on utilization of small millets is very necessary for inclusion of small millets in diets. In some places, small millet foods are positioned as therapeutic foods, for example as food for diabetic patients. Awareness efforts along with skill building on utilisation are needed for positioning small millets as health foods for all age groups.

Recipe demonstration is an effective method for building the attitude, skills and knowledge of citizens on nutritious, appealing and locally relevant recipes of marginalized foods like small millets and uncultivated greens at the last mile. It naturally elicits the interest of all age groups and social groups and simultaneously offers treat for our eyes and palate. It is effective because it happens in the habitation of the targeted audience, in their natural settings and with their support. To conduct recipe demonstration on a large scale there is need for building trained local cadres across in the country through decentralized capacity building. It is in this context, this protocol on trainers on training (ToT) for recipe demonstration is prepared by DHAN Foundation as part of Scaling up Small Millet Post Harvest and Nutritious Food Products project.

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DHAN Foundation has been involved in building trained local cadres for organizing various small millets promotional efforts at the field level including recipe demonstration since 2011 as part of Revalorising Small Millets in Rainfed Regions of South Asia project (RESMISA). Based on the experience of conducting ToT for staff of the DHAN Foundation, staff and members of women federation and farmers' organizations, this protocol is prepared. It has been designed mainly for organizations which are interested to promote small millet consumption at the grassroots level. It is designed in such a way that any organization which wants to build the capacity of their staff for conducting the recipe demonstration can use with limited improvisation to account for the needs of the local community, background of the participants, available resources and time. The protocol is organized into two sections namely, i) Purpose and expected outcomes of ToT and ii) Process followed in ToT. Under the section on process of ToT, preparation needed before, during and after ToT are explained in detail. Supporting information and formats are given in annex.

2. The purpose and expected outcomes of ToT

2.1.Objectives

The general objective of ToT for small millet recipe demonstration is to build the capacity of local cadres to conduct small millet promotional events at the grassroots level (village or habitation level), the specific objectives are:

1. To orient the participants on healthy diet based on local foods
2. To orient the participants on the important health benefits of small millets and the need for including it in the regular diets
3. To build hands-on skills and knowledge on preparing small millets recipes and planning nutritious menu for entire family
4. To build the ability for conducting recipe demonstration
5. To prepare action plan for conducting recipe demonstrations

2.2.Expected outcomes

The knowledge and skills related expected outputs are covered in the objectives and the expected attitudinal outcomes are given below. Upon the undergoing the ToT, the participants are expected to realize that,

1. Inclusion of small millets in regular diets is very important for improving the health of rural/urban families they are working with
2. He/she is doing a significant contribution to their family by including small millets in their diets
3. He/she is doing a significant help to relatives, friends and wider community by promoting small millet in their diets
4. Delicious foods for all age groups can be prepared from small millets at ease
5. Though many of the small millets are costlier than rice or wheat, it is worth consuming it

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To become eligible to promote consumption of small millets in their own community, the promoting person should become consumers of small millet recipes by choice. So, the process of ToT should be such that the participants become small millet consumers by choice.

3. Process of ToT

3.1. Preparation before ToT

The necessary things to be done before ToT are listed below.

3.1.1. Selection of the ToT participants from locations

It should be ensured that participants are coming from community organisations, NGOs or other organisations, which have plans and necessary funds to organize recipe demonstration at grassroots level in their working area. A location with 15 to 20 panchayats or revenue villages is considered as one unit of operation. Based on the past experience, it is expected that five team members need to be trained per location. The composition of team could be one or two coordination level staff, two field staff and two community leaders. Having participants from coordination level is essential to lead small millet promotion in the participating organization with necessary clarity. It should be ensured that 50 % and above team members are women. In the selection of the participants, the preference is to be given for those who have familiarity with the cooking aspects and health workers. The invitation letter to participating organization should share the kind of participants expected well in advance, so that maximum number of quality participants can be ensured. The optimum batch size for ToT would be 25-30, given the nature of training methodology like demonstration of recipes.

2.1.2. Experienced resource person for ToT recipe demonstration

The most important part of the ToT is to find a suitable resource person to educate and motivate the ToT participants. The resource person should have good knowledge on nutrition and small millets, good cooking skills pertaining to small millets recipes and good communication and motivation skills. In circumstances where it is difficult to find a resource person with all these skills, it is better to engage two persons, one with good cooking skills and experience pertaining to small millets recipes and another with good communication and motivation skills. It is better to engage a practitioner like a nutritionist promoting small millets or an entrepreneur running small millet restaurant with a flair for demonstration. The resource person should be briefed about the purpose and agenda of the ToT and the nature of the participants. The list of recipes to be demonstrated has to be finalised in consultation with the resource person.

2.1.3. Other logistic arrangements to be done before ToT

a) Venue

A venue that has necessary facilities for conducting recipe demonstration as well as accommodating the expected number of participants should be selected.

The participants can be asked to bring declining food items from their location for display during the opening session and for tasting.

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b) Food materials

Based on the recipes finalised for the demonstration the necessary food items can be purchased in advance following the list provided by the resource person. Sometimes, purchasing cleaned small millet rice would be difficult in one day before the demonstration. So, small millet rice should be made available at least three days before the demonstration. If possible the support of resource person can be sought for this. Before the recipe demonstration, the prior arrangements to get food materials like chopped vegetables, ginger paste, garlic paste (preferably two hours before the recipe demonstration), fermented grind flour wet mix and grind dry flour (preferably one day before the recipe demonstration) should be done to save time during the sessions. See Annex 1 for list of food materials used for ToT in Tamil Nadu.

c) Cooking kit

The cooking kit to large extent will depend on the recipes finalised for the demonstration. The coordinator of the programme should have consultation with the resource person about the type of vessels and their number and stove required for the recipe demonstration. Adequate number of vessels and stove must be ensured to demonstrate more than one recipe at the same time to save time. The saving time can be utilized for productive purpose in connection with the recipe demonstration. See Annex 2 for list of items in a cooking kit used for ToT in Tamil Nadu.

d) Other arrangements

Audio and video communication tools planned for use in ToT should be tested for working condition well before the recipe demonstration. Background or resource materials to the participants (like recipe demonstration protocol, recipe DVD and recipe booklet) and presentations should be made ready well in advance. The checklist related to the items to be arranged before ToT is furnished below:

Table 1: List of items to be arranged before ToT

S. No.	Particulars	Number
1	Training Sheet	3
2	Note book	30
3	Pens	30
4	Projector	1
5	Laptop	1
6	Speaker	1
7	Mike	1
8	Camera	1
9	Materials for the participants	30
10	Banner	1
11	Chart paper	6
12	Marker	6
13	Dustbin	2
14	Floor-mat	10
15	Prayer material	
16	Oath	

3.2. Conducting ToT training sessions

3.2.1. Organising the content

ToT on small millet recipe demonstration is slated for two days. An indicative agenda for two days is shared below, which can be adapted based on the ground situation by the organiser. As it can be seen in the agenda, there are five major sessions leaving out introductory and concluding sessions: i) Understanding healthy diet, ii) Understanding small millets and their role in our health, iii) Utilization of small millets, iv) Organizing recipe demonstration, and v) Preparing action plan. More details on these major sessions are given below. The communication methods followed in ToT is as important as that of the content. It should be ensured that interactive and participative methods are deployed throughout the programme. ToT on recipe demonstration, by its nature, offers opportunities for demonstration and lot of physical interactions among the participants. It also offers scope for engagement of all the six senses of the participants- like enjoying the aroma, look and taste of small millet recipes. Further the process should give an ‘immersion experience’ with reference to the world of small millets.



Fig. 1: ToT program organised for women federations at Salem, Tamil Nadu

Table 2: Indicative agenda for ToT on recipe demonstration

Time Schedule	Agenda	By
Day 1		
10.00 am	Prayer	
10.15 am	Self-introduction- Ice breaking, expectation of the participants	
10.45 am	Objectives of ToT, sharing the agenda	
11.00 am	Understanding healthy diet	
11.45 am	Tea break	

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12.00 pm	Understanding small millets and their role in our health	
01.30 pm	Lunch break	
02.30 pm	Demonstration of recipes	
05.00 pm	Tea break	
05.15 pm	Easy ways of integrating small millets in regular diets	
06.00 pm	Handing out formats for action plan and feedback	
Before or after dinner	Video show on small millet recipes	
Day 2		
09.00 am	Prayer	
09.15 am	Recap of previous day	
10.00 am	Demonstration of recipes	
12.30 pm	Introduction to recipe demonstration	
01.30 pm	Lunch break	
02.30 pm	Role play by the participants on how to conduct recipe demonstration at village	
03.30 pm	Sharing of action plan for recipe demonstration	
04.30 pm	Feedback on ToT	
5.00 pm	Oath taking	
5.15 pm	Concluding session	

3.2.2. Notes on specific sessions

3.2.2.1. Understanding healthy diet

Contents

Classification of foods based on sources including uncultivated foods (uncultivated foods include greens, vegetables, fish, tubers, fruits etc.), various food groups and their functions (Go foods, grow foods and glow foods), the importance of diversity in diets, its trends over the years relationship between colour of food and its nutrients, the need for improving the dietary diversity.

Reference material

Healthy Harvest: A training manual for community workers in good nutrition and the growing, preparing, and processing of healthy food

http://www.fao.org/fileadmin/templates/tc/tce/pdf/Healthy_Harvest_training_manual_.pdf

Your Family Guide to Healthy Eating & Living

<http://www.jaanbachao.in/download/Your-Family-Guide-to-Healthy-Eating-&-Living-English-Pub-2014.pdf>

Learning outcomes expected

- i) Understanding about healthy food, different food groups and their important functions
- ii) Understanding the sources of food, and understanding food as part of relationship between human communities and their ecosystems

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- iii) Understanding the need for dietary diversity within food groups, the reasons for its decline and efforts needed for improving it

Suggested communication method

- a. Lecture, b. Sub-group process and c. Games

3.2.2.2. Understanding small millets and their role in our health

Contents

Introduction to small millets, their place in our culture, their salient features like performing well in marginal environments, superior nutritional properties (high micronutrient and dietary fiber content, and low glycemic index), their medicinal properties, the reasons for decline in cultivation and consumption, increasing incidence of double burden of malnutrition and non-communicable diseases, how small millets can play an important role in addressing these negative trends.

Supporting material

Status Report of Nutrient Analysis, Value Addition and Product Development of Finger Millets and other small millets in India - by Dr. Neena Joshi, Professor and Head, Dept. of Food Science and Nutrition, University of Agricultural Sciences, Bangalore

Learning outcomes expected

- i) Understanding the effects of decline in cereal diversity on human health, health of ecosystem and farming economy
- ii) Inclusion of small millets in regular diets is very important for improving the health of rural/urban families for whom they are working with
- iii) Including small millets in diets is a significant contribution to the health of family members
- iv) Friends and families in the working areas can be helped significantly, by promoting and ensuring small millet in their diets

Suggested communication methods

- a. Presentation, b. Interaction and c. Games

3.2.2.3. Demonstration of nutritious small millet recipes

Content

Recipes are a concrete expression of nature and culture in a given geographical setting. While some recipes are appealing to population across large geographical area, most of the recipes are culture specific and relevant to smaller geographical areas. So recipes to be demonstrated need to be chosen based on the rural or urban setting, and the type of small millets and their recipes relevant in their culture. See Annex 3 for the set of recipes demonstrated in Tamil Nadu. In each day, five recipes (three 'centre of the plate' recipes (meal type, eaten in significant quantity) and two 'margin of the plate' recipes (snack or sweet type, eaten in less quantity) have to be demonstrated. It is important to ensure demonstration of 'centre of plate recipes', as their adoption will lead to

TIPS for recipe demonstration during the ToT event

1. All the participants should get a chance to try their hand in recipe preparation in the course of the ToT; this can be achieved by engaging different teams during different recipe preparation sessions
2. It should be ensured that recipe preparation is visible to all the participants and their attention is ensured throughout the session
3. The participants should raise the doubt immediately and clear the doubts from the resource person
4. All the participants should get a chance to taste all the recipes demonstrated; if possible prepared food items can be served as lunch (like mini meals)
5. After each recipe preparation one of the participant should narrate the ingredients required and method of cooking so the every participant will have chance to internalize the process
6. Each recipe preparation session can be concluded with recap, preferably by a participant
7. The recipe preparation session should build on the cooking knowledge of the participants
8. All efforts should be taken to ensure the participants get a pleasant experience of tasting small millet recipes; this is the primary impetus for further consumption
9. Recipe preparation sessions in ToT are to be used as a demonstration to the participants how they can organise recipe demonstration at the grassroots level in terms of communication and keeping the attention of the participants, describing recipe preparation and following hygienic practices

considerable consumption of small millets in one shot and consequent health benefits. Further recipes of associated crops of small millets like horsegram and niger also need to be included.

Easy ways of integrating small millets in regular diets

- i) The popular South Indian recipes *idly* and *dosa* can be made using small millets by replacing paddy rice with any of the small millets
- ii) Similarly, small millet rice can be used instead of paddy rice in preparing food items like *pongal*, *puttu*, *idiyappam* and *uppuma*
- iii) Roti can be made by using the flour of small millets with or without oil
- iv) Paddy rice and small millet rice can be mixed and cooked together
- v) Small millets can be cooked with vegetables and pulses

Supporting material

1. Details of recipe preparation for the following small millets in English can be accessed at:

- a. [Finger Millet](#)
- b. [Barnyard Millet](#)
- c. [Kodo Millet](#)
- d. [Little Millet](#)

2. Videos describing cooking of following small millet recipes in Tamil can be accessed at:

[Ragi Roti](#)

[Little Millet Thattai](#)

[Foxtail Millet Pongal](#)

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Ragi Halwa

Ragi Idly

Ragi Malt

Ragi Malt Laddu

Kodo Millet Uppuma

Kodo Millet Puliyotharai

Kodo Millet Murukku

Kodo Millet Athirasam

Kodo Millet Pepper Rice

Little Millet Fried Rice

Little Millet Curd Rice

Little Millet Biryani

Little Millet Kitchadi

Little Millet Puttu

Small Millet Oothappam

Small Millet Dosa

Small Millet Paniyaram

Foxtail Millet Payasam

BarnyardKesari

Barnyard Idiyappam

Learning outcomes expected

- i) Confidence, skill and knowledge to prepare delicious recipes of small millets
- ii) Effectively engaging participants intellectually and physically during the recipe demonstration

Suggested communication methods

Demonstration and orientation

3.2.2.4. Conducting small millet recipe demonstration

Content

This session will cover the purpose of recipe demonstration, expected outcomes, prior preparation, indicative agenda and the relationship between recipe demonstration and other small millet promotional efforts.

Supporting materials

Protocol of recipe demonstration given in Annex 4

Learning outcome expected

Confidence, skill and knowledge to do recipe demonstration

Suggested communication method

a. Demonstration, b. Lecture and c. Role play (role play of recipe demonstration will be facilitated to understand the possible issues during the village level demonstrations)

3.2.2.5. Action plan for recipe demonstration

Each location team will be asked to prepare an action plan for completion of the recipe demonstrations at all working villages. The action plan will cover the list of recipes to be demonstrated and the list of hamlets/habitations where recipe demonstration will be done with time line. The format for action plan (given in Annex 5) will be shared on the first day. The second day afternoon each team will present the action plan for getting the feedback from To Coordinator and other participants. This action plan will be shared with the participating organisation for follow up at their end. As part of joint action plan, different forms of collective learning can be explored to reinforce individual learning.

3.2.2.6. Oath taking

Oath taking by the participants to commit individually and as an organization to the promotion of small millets has to be facilitated. It needs to be prepared in native language and used. The model oath is given below:

“I understand the importance of small millets for rejuvenating the human health, wellbeing of farming communities and planet’s health. I will wholeheartedly take all possible efforts for consumption of small millets by my family, by my kith and kin and by larger society”.

3.2.2.7. Notes on possible games

Games can be conducted wherever possible to communicate effectively, to make the deliberations more interesting and for better involvement of participants. Information on few relevant games can be found in the following resources:

Healthy Harvest: A training manual for community workers in good nutrition and the growing, preparing, and processing of healthy food

<http://www.nourishinteractive.com/nutrition-education-printables/category/48-teacher-resources-teaching-kids-healthy-habits-nutrition-manuals>

Finally, feedback from all the participants need to be collected and the suggestion given by the participants can be used for improving the next ToT. The feedback format for ToT is given in the Annex 6.

3.3. Follow up after ToT

The ToT organizer must have a photocopy of action plan shared by the participants and follow up the concerned organization for implementation as per plan.

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ANNEX

Annex 1: List of food materials used for ToT in Tamil Nadu

S.No.	Particulars	Quantity
1	One kg each of three locally available small millets- rice /flour	3 kg
2	Niger seeds and horse gram	250 g each
3	Vegetables (three types)	1.5 kg
4	Jaggery	2 kg
5	Spices (5 types) Chillies, coriander, turmeric, pepper and cumin	50grams each
6	Onion	500 grams
7	Ginger/garlic	200 grams
8	Salt	100 grams
9	Clove and cardamom (each 25 grams)	50 grams
10	Cashew nut/dried grapes	50 grams
11	Curry leaf and coriander leaf	100 grams
12	3 types of greens	100 g each

Annex 2: Cooking kit used for ToT in Tamil Nadu

Sl. No	Particulars	Number
1	Round ladle <i>kadai</i>	1
2	<i>Paniyarakkal</i>	1
3	<i>Dosakkal</i>	1
4	<i>Tawa</i> with cover	1
5	Cutting board	1
6	Aluminium bowl	1
7	Murukku press	1
8	Vegetable drainer	1
9	Dosa turner/ Flat ladle	1
10	Perforated spoon	1
11	Round ladle	1
12	Small bowl	1
13	Dhal vessels	1
14	Big bowl	1
15	Basin	1
16	Tumbler	6
17	Blender	1
18	Idly steamer	1
19	Small spoon	1
20	Mixer grinder with two jars	1 set
21	Gas stove (two burners) with gas cylinder	1 set
22.	Hand towels	4
23.	Plate, Cup	30

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Annex 3: Possible recipes for rural and urban setting in Tamil Nadu

S.No	Centre of the plate	S.No	Margin of the plate
1	<i>Uppuma</i>	1	<i>Athirasam</i>
2	<i>Pongal</i>	2	<i>Payasam</i>
3	<i>Idly</i>	3	<i>Murukku</i>
4	<i>Dosa</i>	4	<i>Vadai</i>
5	<i>Roti</i>	5	<i>Halwa</i>
6	<i>Chapatti</i>	6	<i>Laddu (Niger, horsegram)</i>
7	<i>Uthaapam</i>	7	<i>Jam with greens</i>
8	<i>Idiyappam</i>	8	<i>Kulipaniyaram</i>
9	<i>Adai</i>	9	<i>Puttu (sweet)</i>
10	<i>Appam</i>	10	<i>Sweet paniyaram</i>
11	<i>Kichadi</i>	11	<i>Karasave</i>
12	<i>Biriyani</i>	12	<i>Pokoda</i>
13	<i>Fried rice</i>	13	<i>Ragi malt</i>

Annex 4: Protocol for recipe demonstration

1. Background

Recipe demonstration is an effective method for building the attitude, skills and knowledge of citizens on nutritious, appealing and locally relevant recipes of marginalized foods like small millets and uncultivated greens at the last mile. To conduct recipe demonstration on a large scale there is need for building trained local cadres across in the country through decentralized capacity building. It is in this context, this protocol on Recipe demonstration is prepared by DHAN Foundation as part of Scaling up Small Millet Post Harvest and Nutritious Food Products project.

DHAN Foundation has been involved in building trained local cadres for organizing various small millets promotional efforts at the field level including recipe demonstration since 2011 as part of Revalorising Small Millets in Rainfed Regions of South Asia project (RESMISA). Based on the experience of conducting recipe demonstration in more than 4 states this protocol is prepared. This protocol has been designed mainly for organizations which are interested to promote small millet consumption at the grassroots level. It is designed in such a way that any organization which wants to conduct the recipe demonstration can use it with limited improvisation to account for the needs of the local community, background of the participants, available resources and time. This protocol will help in ensuring minimum standards in delivering recipe demonstration.

The protocol is organized into two sections namely, i) Objectives and expected outcomes of recipe demonstration and ii) Process to be followed in Recipe demonstration. Under process section, preparation before, during and after recipe demonstration are explained in detail. Supporting information and formats are given in annex.

2. Objectives and expected outcomes of recipe demonstration

2.1. Objectives

The general objective of recipe demonstration for small millet recipes is to enhance the household consumption of small millets, the specific objectives are:

1. To orient the participants on the important health benefits of small millets and the need for including it in the regular diets
2. To build hands-on skills and knowledge on preparing small millets recipes

2.2. Expected outcomes

The expected knowledge and skill outputs are covered in the objectives and the expected attitudinal outcomes are given below. Upon the undergoing the Recipe demonstration, the participants are expected to realize that,

1. Inclusion of small millets in regular diets is very important for improving the health of participant families
2. He/she is doing a significant contribution to their family by including small millets in their diets

3. Delicious foods for all age groups can be prepared from small millets at ease
4. Though many of the small millets are costlier than rice or wheat, it is worth consuming it

3. Process

3.1. Preparation before recipe demonstration

The necessary things to be done before recipe demonstration are listed below.

3.1.1. Selection of the recipe demonstration participants

Habitation or hamlet with 40-100 families is a unit of operation for recipe demonstration. It should be ensured that at least one member from each family participate in recipe demonstration. Based on the past experience, 40-50 participants can effectively participate in one event. It should be ensured that 50 % and above participants are women. A few men participants can be invited to the recipe demonstration.

3.1.2. Organiser

A team of two persons is needed for organizing recipe demonstration. They should have complete faith in the multivarious benefits of small millets and using them in their families. They should have undergone training for organizing recipe demonstration and has complete confidence to conduct the same. Moreover, they should be able to communicate in simple and clear way about the small millets recipes. Organisers should be familiar with the participants and their food habits. It would be preferable if the organiser hails from the same location and has some working relationship with the participants.

3.1.3. Other logistic arrangements to be done before Recipe demonstration

a) Venue

A venue that has necessary facilities such as water, electricity for conducting recipe demonstration as well as accommodating the expected number of participants should be selected. Further, recipe demonstration should be conducted at the common place where all sections of the people can attend. The field staff should visit one day before the venue and make the venue is clean and neat. The entire cooking kit and essential items to prepare the recipes should be kept at the venue possibly on the eve of the programme.

b) Food materials

Based on the recipes finalised for the demonstration, the necessary food items can be purchased in advance following the list prepared by the concerned field staff who is going to conduct the recipe demonstration at village. Sometimes, purchasing cleaned small millet rice would be difficult in one day before the demonstration. So, small millet rice should be made available at least three days before the demonstration. Before the recipe demonstration prior arrangements to get food materials like chopped vegetables, ginger paste, garlic paste (preferably two hours before the recipe demonstration), fermented grind flour wet mix and grind dry flour (preferably one day before the

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recipe demonstration) should be made to save time during the sessions. See Annex A for list of food materials used for recipe demonstration in Tamil Nadu.

c) Cooking kit

The cooking kit to large extent will depend on the recipes finalised for the demonstration. The field level staff of the programme should decide about the type of vessels and their number and stove required for the recipe demonstration. To make more involvement from the people, some of the vessels may be arranged from the community people. Adequate number of vessels and stove must be ensured to demonstrate more than one recipe at the same time to save time. The saving time can be utilized for productive purpose in connection with the recipe demonstration. See Annex 2 for list of items in a cooking kit needed for recipe demonstration in Tamil Nadu.

d) Other arrangements

Background or resource materials to the participants (like recipe booklet) should be made available in advance and training sheet should also be prepared well in advance to get signature from the participants. The checklist related to the items to be arranged before the recipe demonstration is furnished below:

S. No	Particulars	Number
1	Training Sheet	3
2	Laptop	1
3	Speaker	1
4	Mike	1
5	Camera	1
6	Materials for the participants	45
7	Banner	1
8	Prayer material	
9	Oath	

3.2. Conducting recipe demonstration sessions

3.2.1. Organising the content

Recipe demonstration on small millet recipes is slated for half a day, effectively for two to three hours session. It can be organised either in the forenoon or afternoon based on the convenience of the participants. An indicative agenda is shared below, which can be adapted based on ground situation by the organiser. As it can be seen in the agenda, there are three sessions leaving out introductory and concluding sessions: i) Understanding healthy diet and understanding small millets and their role in our health, ii) Utilization (Preparation) of small millets, and iii) Action plan. More details on these sessions are given below. The communication methods followed in recipe demonstration is as important as that of the content. It should be ensured that interactive and participative methods are deployed throughout the programme. Recipe demonstration by its nature offers opportunities for lot of physical interactions among the participants. It also offers scope for engagement of all the six senses of the participants- like enjoying the aroma, look and taste of small millet recipes. Further the process should give an 'immersion experience' with reference to the world of small millets.



Fig. 2: Recipe demonstration conducted at Tirumanikkam, Madurai, Tamil Nadu

Indicative agenda for recipe demonstration

Time Schedule	Agenda	By
10.00 am	Prayer	
10.10 am	Objectives of recipe demonstration	
10.20 am	Understanding healthy diet, importance of small millets and their role in our health	
10.40 am	Demonstration of recipes	
12.40 am	Action plan	
00.01 pm	Oath taking	

3.2.2. Notes on specific sessions

3.2.2.1. Understanding small millets and their role in our health

Contents

Various food groups and their functions (Go foods, grow foods and glow foods) , the importance of diversity in diets, its trends over the years, the need for improving the dietary diversity, introduction to small millets, their place in our culture, their salient features like performing well in marginal environments, superior nutritional properties, including high micronutrient and dietary fiber content, and low glycemic index, their medicinal properties, the reasons for decline in consumption, increasing incidence of double burden of malnutrition and non-communicable diseases, how small millets can play an important role in addressing these negative trends

Learning outcomes expected

1. Understanding the effects of decline in cereal diversity on human health, health of ecosystem and farming economy
2. Inclusion of small millets in regular diets is very important for improving the health of rural/urban families they are working with
3. Including small millets in diets is a significant contribution to the health of family members

Suggested communication methods

Lecture and experience sharing by the users of small millets

3.2.2.2. Demonstration of nutritious small millet recipes

Content

Recipes to be demonstrated need to be chosen based on the rural or urban setting and the type of small millets and their recipes relevant in their culture. See Annex B for the set of culturally relevant recipes demonstrated in different parts of the country. In each recipe demonstration, five recipes (three 'centre of the plate' recipes (meal type, eaten in significant quantity) and two 'margin of the plate' recipes (snack or sweet type, eaten in less quantity) have to be demonstrated. It is important to ensure demonstration of centre of plate recipes as their adoption will lead to considerable consumption of small millets and consequent health benefits. One or two star recipes like biriyani need to be included to capturing the attention of the participants. Finger millet malt, which is one of the important novel and nutritious millet recipes can be prepared first and served to the participants while demonstration of other recipes are taken up.

Easy ways of integrating small millets in regular diets- Same as that of ToT

Learning outcomes expected

Confidence, skill and knowledge to prepare delicious recipes of small millets

Suggested communication methods

Demonstration and Orientation

TIPS

1. It should be ensured that recipe preparation is visible to all the participants and their attention is ensured throughout the session by sharing relevant details about small millets and their cooking tips
2. Whenever doubt comes in the preparation, the participants should raise the doubt immediately and clear the doubts
3. All the participants should get a chance to taste all the recipes demonstrated
4. The recipe preparation session should build on the cooking knowledge of the participants
5. Each recipe preparation session can be concluded with recap, preferably by a participant
6. All efforts should be taken to ensure the participants get a pleasant experience of tasting small millet recipes; this is the primary impetus for further consumption

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Action plan

The participants will be asked to share their opinion about the recipes they have tasted and their plans for inclusion of small millet recipes in their diets.

Oath taking

Oath taking by the participants to commit individually to the promotion of small millets has to be facilitated. The model oath is given below:

“I understand the importance of small millets for rejuvenating the human health, planet’s health and wellbeing of farming communities. I will wholeheartedly take all possible efforts for consumption of small millets by my family and by my kith and kin”.

3.3. Follow up after RD

Recipe demonstration is one of the many small millet promotional activities taken for increasing the consumption of small millets. The field level organisers should encourage the participants in all possible occasions to consume small millet food items in regular diets. Quality seeds of small millets can be arranged to the farmers interested to cultivate small millet crops. If people are in need of small millet rice, the field level organiser can arrange it from any source. Efforts should be taken for periodic reinforcement of the importance of consumption of small millets.

Annex A: List of food materials used for recipe demonstration in Tamil Nadu

S.No	Particulars	Quantity
1	Finger millet flour	2 kg
2	Kodo millet rice	3 kg
3	Barnyard millet rice	5 kg
4	Little millet rice	3 kg
5	Wheat flour	2 kg
6	Thur dhal	2 kg
7	Moong dhal	2 kg
8	Sakthi sambar powder	150 gms
9	Jeera	10 gms
10	Mustard seeds	100 gms
11	Dried chillies	10 gms
12	Gharam masala powder	50 gms
13	Biriyani masala	150 gms
14	Chilli powder	100 gms
15	Salt	1kg
16	Turmeric powder	50 gms
17	Carrot	500 gms
18	Beans	500 gms
19	Butter beans	500 gms
20	Cauliflower	Medium size 1
21	Noolkol	250 gms
22	Cabbage	500 gms
23	Brinjal	500 gms
24	Drumstick	Nos.2
25	Raw mango	No.1

Technical bulletin on value added products from small millets

26	Green chillies	200 gms
27	Tomato	1 kg
28	Big onion	2 kg
29	Small onion	1 kg

Annex B: Culturally relevant recipes demonstrated in different parts of the country

S.No.	Location	Crop	Recipes demonstrated
1.	Anchetty, Krishnagiri district, Tamil Nadu	Finger millet and Little millet	Finger millet <i>Halwa</i> , Finger millet <i>pakoda</i> , Finger millet <i>Murukku</i> , Foxtail millet <i>payasam</i> , Kodo millet <i>biriyani</i>
2.	Peraiyur, Madurai district, Tamil Nadu	Barnyard millet and Kodo millet	Barnyard millet <i>venpongal</i> , Kodo millet fried rice, Finger millet <i>pakoda</i> , Finger millet mixture, Foxtail millet <i>payasam</i>
3.	Semiliguda, Koraput district, Odisha	Finger millet and Little millet	Finger millet <i>laddu</i> , Finger millet <i>idly</i> , Finger millet <i>murukku</i> , Finger millet <i>bonda</i> , Little millet <i>uppuma</i>

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Annex 5: Action plan for small millet recipe demonstration

1. Location :
2. Organization :
3. Plan prepared by :
4. Plan for inclusion of small millets in the family diet:

5. Small millet recipes planned for demonstration

a. Centre of the plate type :

b. Margin of the plate type:

6. Time frame

Sl. No.	Hamlet	Panchayat	Date of RD	Responsible person	Supporting person

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Annex 6: Feedback form

S.No	Particulars	Feed back
1	How was the content of the training?	Adequate/ Inadequate
2	How were the methods of training (Sub group, role play and video show)?	
3	How was the recipe demonstration?	Very good, Good, Moderate, Poor
4	Understanding of the content	Fully understood / Partly understood / Minimum understood
5	How was the training material given to you?	Very good, Good, Moderate, Poor
6	How were the training arrangements?	Very good, Good, Moderate, Poor
7	Which small millet recipes you liked the most?	
8	Whether the objectives of the TOT were fulfilled?	Fully/ Partly/ Minimum
9	Overall rating of the training	Poor, Average, Good, Very good, Excellent
10	Give your suggestions to improve ToT	