

## **CONTINUING EDUCATION RECORD BOOK**

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## **INSTRUCTION ON HOW TO USE THIS BOOK**

The holder of this record book should ensure that all the continuing education hours are recorded and signed immediately after each session

1. This record book should be used for continuing education topics relevant to the field of nutrition and health only
2. The record book will be presented to ZIMNA CPD committee before recommendation for renewal of the practicing certificate
3. Every nutritionist is required to accrue a minimum of 12 points from continuous education activities per year
4. It is an offense to present false information in this record book

## **OVERVIEW**

Continuing Professional Development (CPD) is an ongoing, structured combination of learning activities through which Registered Nutritionists maintain and extend their knowledge and skills for lifelong professional competence. CPD can take many forms, from short courses to conferences, seminars and lectures.

Engaging in Continuing Professional Development ensures that both academic and practical qualifications do not become outdated or obsolete; allowing individuals to continually 'up skill' or 're-skill' themselves, regardless of occupation, age or educational level.

In this spirit of dedication to best practice and a desire to act and serve wisely and well, this booklet is designed, issued to and used by all nutritionists who are registered with the Allied Health Professions Council of Zimbabwe to record CPD activities they undertake each year.


Should this professional continue to fail to take part in CPD activities for two consecutive years, they will be removed from the AHPC's register.

## DETAILS OF NUTRITIONIST:



## ACTIVITIES AND CEU'S

*( Refer to attached separate list)*

1. NAME: Prosper Chopera.....
2. AHPC REG NUM BER:...A/N0119
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6. SIGNATURE OF HOLDER... 

DATE	DESCRIPTION OF CPD ACTIVITY: ORGANISER/INSTITUTION:	CPD LEVEL	DURATION	POINTS	SIGNATURE of facilitator
	Co Author- 1. Matiza Ruzengwe, F., Nyarugwe, S.P., Manditsera, F.A., Mubaiwa, J., Cottin, S., Matsungu, T.M., Chopera, P., Ranawana, V., Fiore, A. and Macheka, L. (2022), Contribution of edible insects to improved food and nutrition security: A review. Int J Food Sci Technol. <a href="https://doi.org/10.1111/ijfs.15570">https://doi.org/10.1111/ijfs.15570</a>	2		6	
	Co Author- K Majachani, TM Matsungu, P Chopera. Exploring the COVID-19 Induced Interest in Lippia Javanica (Zumbani / Umsuzwane) and Myrothamnus Flabellifolius (Mufandichimuka / Umfavuke) in Zimbabwe: A Data Mining Approach. Zimbabwe Journal of Health Sciences 1 (1), 67-76	2		6	
	Co-Author - TM Matsungu, K Zombe, T Kairiza, L Macheka, P Chopera. COVID-19 Food Insecurity and the Vulnerable Households in Rural and Urban Zimbabwe: A Review. Zimbabwe Journal of Health Sciences 1 (1), 144-151	2		6	

	Co Author- 4. Chopera, P., Zimunya, P.R., Mugariri, F.M. et al. Facilitators and barriers to the consumption of traditional foods among adults in Zimbabwe. J. Ethn. Food 9, 5 (2022). <a href="https://doi.org/10.1186/s42779-022-00121-y">https://doi.org/10.1186/s42779-022-00121-y</a>	2		6	
	Macheke L, Mudiwa T, Chopera P, Nyamwanza A, Jacobs P. Linking Climate Change Adaptation Strategies and Nutrition Outcomes: A Conceptual Framework. Food and Nutrition Bulletin. February 2022. doi:10.1177/03795721221078362	2		6	
	The potential contribution of house crickets to the dietary zinc content and nutrient adequacy in young Kenyan children: a linear programming analysis using Optifood. HL Coppoolse, KJ Borgonjen-van den Berg, P Chopera, M Hummel, George Grimble, Inge Brouwer, Alida Melse-Boonstra British Journal of Nutrition.2022; 1-41	2		6	

	VP Dembedza, P Chopera, J Mapara, L Macheke Impact of climate change-induced natural disasters on intangible cultural heritage related to food: a review Journal of Ethnic Foods 9 (1), 1-11	2		6	
	Linkages Between Soil, Crop, Livestock, and Human Selenium Status in Sub-Saharan Africa: A scoping review. Beaula Mutonhodza, Edward JM Joy, Elizabeth H Bailey, Murray R Lark, Muneta GM Kangara, Martin R Broadley, Tonderayi M Matsungu, Prosper Chopera. International Journal of Food Science & Technology <a href="https://doi.org/10.1111/ijfs.15979">https://doi.org/10.1111/ijfs.15979</a>	2		6	
	Muleya, Molly, Scott D. Young, Martin R. Broadley, Edward J. M. Joy, Prosper Chopera, and Elizabeth H. Bailey. 2022. "Bioaccessibility of Iron in Pearl Millet Flour Contaminated with Different Soil Types." Food Chemistry 134277. doi: 10.1016/J.FOODCHEM.2022.134277	2		6	
	A review of traditional grain-based complementary foods for children aged 6-23 months in selected African countries. Tafadzwa Christine Dhliwayo; Loveness Kuziwa Nyanga;	2		6	

	Prosper Chopera; Tonderayi Mathew Matsungu; Cathrine Chidewe 2008. The North African Journal of Food and Nutrition Research DOI: 10.51745/najfnr.6.14.115-125				
	Mopane worm value chain in Zimbabwe: Evidence on knowledge, practices, and processes in Gwanda District. FA Manditsera, J Mubaiwa, TM Matsungu, P Chopera, S Bhatasara, ... Plos one 17 (12), e0278230	2		6	
Total				66	



