

## Research Internship

### **Position(s) available:**

Internships and mentoring positions with a learning objective of promoting health and quality of life, through sustainable food systems that address the double-burden of malnutrition and disease in Low- and Middle-Income Countries (Ghana as case study).

### **Dates**

Between April to July 2021 for 6 weeks. Exact dates are to be determined with Cornell University and the Kwame Nkrumah University of Science and Technology (KNUST)

### **Organization**

Kwame Nkrumah University of Science and Technology (KNUST)

College of Science  
KNUST  
PMB KNUST Post Office  
Kumasi  
Ghana

### **Departments**

Human Nutrition and Dietetics Unit  
Biochemistry and Biotechnology Department

### **Professor's information**

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### **Job description**

The internship is a 6-week project-based course comprising scheduled online discussion sessions, mentoring sessions and remote field work and experience. We will provide interns with a detailed discussion outline and field plan. Mentoring sessions will however be semi-structured to give room for interns needs to be met with their inputs.

Interns will be required to:

- a. Commit 4 hours each week to participate in reading resource materials and join discussion sessions for the first 3 weeks
- b. Commit an additional 1 hour each week for mentoring sessions from the 1st to 6th weeks
- c. Commit 4 hours in the 5th week to remotely join research assistants in Ghana to experience field work and data collection, which will use various nutritional assessments tools and methods, and health indicator measures.
- d. Be available to make presentations on their 6th week experience and turn in an end-of-program essay outlining what they have learnt and ideas for subsequent internship programs

### Learning goals

- Describe the double burden of malnutrition and disease in Ghana, typical of other Low- and Middle-Income Countries
- Explain the nutrition transition experienced in LMICs (Ghana as a case study) and how they drive the epidemiology transition are driven by demographic transition
- Compare the food systems of LMICs versus developed economies: what is wrong? How could they be made healthy?
- Explain sustainable Agriculture and nutrition-sensitive agriculture, and what will be required to achieve this in LMICs
- Recommend public health policies and other interventions for making the food environment healthful
- Gain practical skills for assessing the key public health and nutrition problems in LMICs
- Gain competencies for using the public health nutrition cycle for promoting health and quality of life in LMICs (Ghana)

### Tips for Success in an Online Course

- i. **Participate.** Group work is a critical part of the program. You can learn a great deal from discussing ideas and perspectives with your peers and professor/facilitator. Participation can also help you articulate your thoughts and develop critical thinking skills.
- ii. **Manage your time.** Make time for your online learning and participation in online discussion and mentoring sessions. Give yourself plenty of time to complete assignments including extra time to handle any technology related problems.
- iii. **Login regularly.** Log in to online platform several times a week to view announcements, discussion posts and replies to your posts. You may need to log in multiple times a day when group submissions are due.
- iv. **Do not fall behind.** This class moves at a quick pace and each week builds on the previous. It will be hard to keep up with the discussion content if you fall behind in the pre-work or post-work.
- v. **Ask for help if needed.** If you need help with the online platform or other technology. If you are struggling with a course concept, reach out to the facilitator and your classmates, for support.

Mentoring and further collaboration opportunities with our organization will always be available for interested interns after this project. In addition, the internship opens opportunities for those who would be interested and willing to work with international NGOs, research institutions and development partner organizations in LMICs within both a developmental and humanitarian context.

For more information, please contact us at [okbfoundation@gmail.com](mailto:okbfoundation@gmail.com).