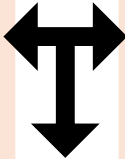


CBL-exercise: Create a recipe for NCD management

This short CBL-exercise allows teachers to pilot your CBL teaching, and learners to make themselves familiar to CBL. The teacher can start with a short presentation on CBL (see our other CAPSTONE CBL materials). Ideally, 3-4 students are in a group. Each phase takes 10-15 minutes. The teacher is the time-keeper and announces when it is time for the next phase.

Phase 1: ENGAGE (10-15 minutes)

Step 1: Know your team
Exchange information about yourselves. Consider: disciplinary backgrounds, professional experience, cultural backgrounds, culinary skills, nutrition knowledge. How can you use this to strengthen your group work?



Step 2: Connect to the Big Idea
Discuss what the challenge can look like in connection to the Big Idea on equity and 'leaving no one behind'. Is there a specific group of people you would like to focus on (e.g. with a specific condition, living in a specific area, adolescents or elderly)?

Step 3: Choose your group challenge
Linked to the team strength and the Big Idea, choose your challenge:

Our challenge is how to support NCD management by creating a recipe specifically for.....

.....

Phase 2: INVESTIGATE (10-15 minutes)

Step 4: In-depth research
What information do you need in order to better understand your challenge? Look that up online.



Step 5: Transdisciplinarity
Think of ways to reach out to the community members targeting in your challenge. What could be a good way to engage them, and how can this strengthen your solution?

Phase 3: ACT (10-15 minutes)

Step 6: The recipe
Create a one-page recipe using the format. 'Assessment' is based on the recipe's potential benefits and execution of all steps. Bonus points for creativity!

Step 7: Reflection
Write down ONE insight that you gained from this CBL assignment. This can be:

- * What you learnt on NCDs
- * What you learnt from others
- * What you learnt about yourself