

Project: *Potential of cowpea as a neglected and underutilised species in the urban food system*

Dr Nokuthula Vilakazi – Fellow



Prof. Ibok Oduro – Mentor



Dr Peter Ho – Mentor



Prof. Riëtte de Kock – UP Host



Dr. Nokuthula Vilakazi is a researcher and a senior lecturer in the Department of Consumer Sciences Food and Nutrition, Faculty of Applied Sciences, Durban University of Technology, in South Africa. Her research work explores the potential of underutilized foods and the use of non-conventional technologies in improving food and nutrition security in Africa, in particular exploring the potential of neglected and underutilised species for food and nutrition security. Her work focuses on addressing the problem of reliance on and consumption of monotonous diets of highly processed food with low nutritional value. She believes that her research will make a meaningful contribution to rebuilding African food systems to be healthier, more resilient, more diverse, and more inclusive. Nokuthula also has an interest in science engagement and has developed and facilitated science communication training, as well as facilitating engagements between researchers and different stakeholders. She is particularly interested in the use of science communication by scientists to achieve broader impact and reach multiple publics.

Science communication:

Fanning the Flames of Food Insecurity: Climate Change in Southern Africa

<https://www.ispionline.it/en/bio/nokuthula-vilakazi>

“To soak or not to soak, that is the question” <https://fsnet africa.com/blog/to-soak-or-not-to-soak-that-is-the-question/>

Breastfeeding is a father’s responsibility <https://fsnet africa.com/blog/breastfeeding-is-a-fathers-responsibility/>

Diabetes is linked to food insecurity, and needs co-ordinated, multisectoral intervention

<https://www.dailymaverick.co.za/article/2018-11-13-diabetes-is-linked-to-food-insecurity-and-needs-co-ordinated-multisectoral-intervention/>

Indigenous superfoods for rural children <https://www.news24.com/life/Archive/indigenous-superfood-for-rural-children-20160609>

