

WHY IS FOOD AND NUTRITION EDUCATION NEEDED?

MALNUTRITION is a global problem

1.9

adults are overweight or obese

people suffer from some form of micronutrient deficiency

161 Million

children under the age 5 are too short for their age

795

people do not get the food they need to live a healthy life

UNHEALTHY DIETS

are one of the leading causes of global malnutrition



Diets and eating behaviours are influenced by many factors

INDIVIDUAL

Food preferences & enjoyment

Beliefs, attitudes, values, perceptions Knowledge, skills Empowerment

FAMILY / GRUUP

Cultural & social practices **Social support Networks Peer influence**

COMMUNITY / Rules, informal structures

Child care organizations

Workplaces, schools Neighborhoods, shops, restaurants

Community organizations Information available

Recreational facilities.

NATIONAL

Health care system

Food assistance programs

Food industry

Food & agricultural systems

Policy

Political & social structures

Media **Social & cultural norms**



Food and Nutrition Education works at all these levels

FOOD AND NUTRITION EDUCATION

consists of a variety of educational strategies that can be implemented at different levels, aimed at helping people to achieve long-lasting improvements in their diets and eating behaviours.

FOOD AND NUTRITION EDUCATION is not only about giving people information. IT IS ABOUT:

take charge of their own diets and health Building on people's desires to

Empowering people to



diets, and eat good food

Carrying out realistic and participatory educational

activities



Aiming at small, appealing, do-able improvements in what



dietary changes Including all relevant sectors

Influencing decision makers to implement policies which

> promote healthy diets Advocating for improvements in the food environment to enable



healthy food choices

nutrition education initiatives: **CONSUMERS FAMILIES** understand their dietary needs, prepare nutritious food safely

recognize popular misinformation and make healthier food choices

PARENTS gain new knowledge and skills

to give their children a good

students

start in life

SCHOOLS know how to provide healthier meals and snacks for their

and hygienically Plan and shop for healthy meals

that are within their budget

enjoy cooking and eating

PEOPLE

healthier foods

FOOD PRODUCERS

market healthier foods

nutrition education into national policies

GOVERNMENTS

work to integrate food and

COMMUNITIES

traditional and local foods

make better use of their

POLICY MAKERS are supported to produce and understand the need to

advertising to children

regulate harmful food





http://www.fao.org/nutrition/education/en/