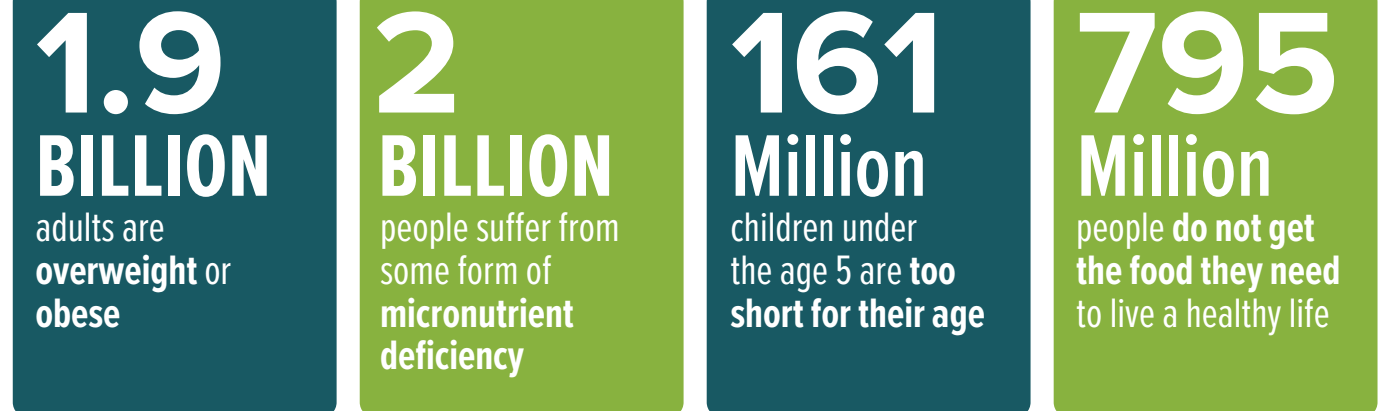


FOOD and NUTRITION EDUCATION for Healthy Diets

WHY IS FOOD AND NUTRITION EDUCATION NEEDED?

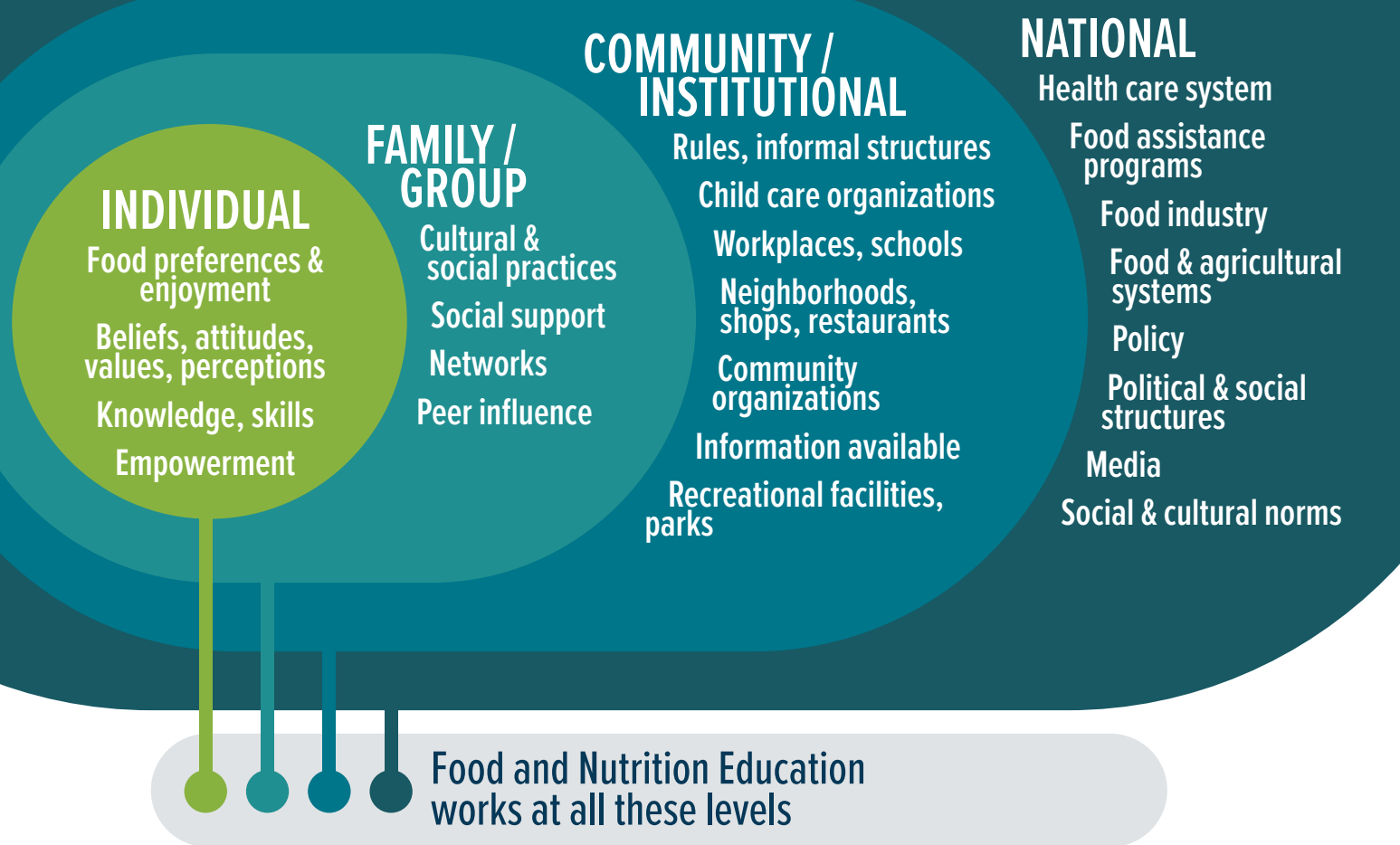
MALNUTRITION is a global problem



UNHEALTHY DIETS are one of the leading causes of global **malnutrition**



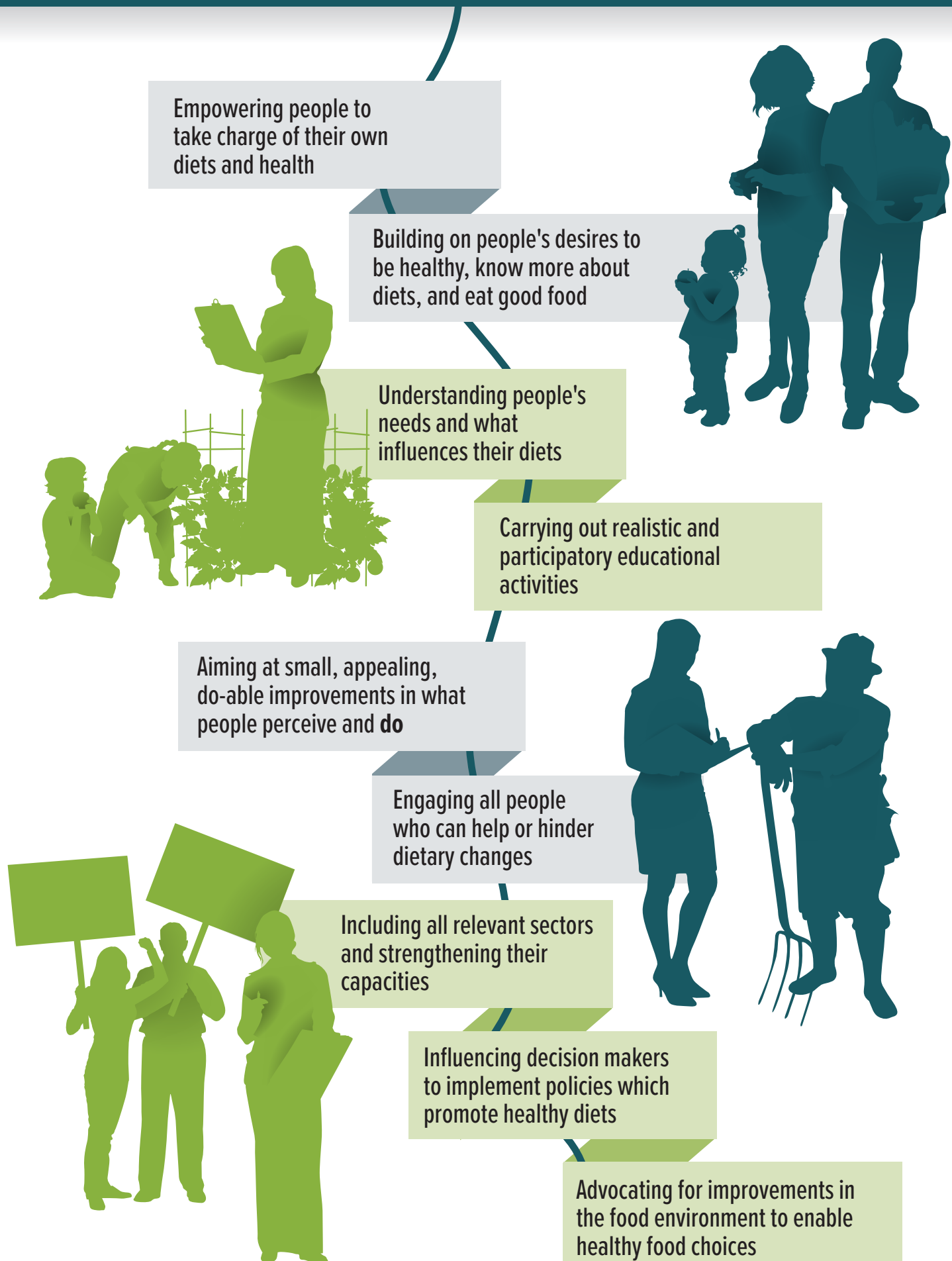
Diets and eating behaviours are influenced by many factors



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:



Some RESULTS of successful food and nutrition education initiatives:

- | | | |
|--|--|--|
| CONSUMERS
understand their dietary needs, recognize popular misinformation and make healthier food choices | FAMILIES
prepare nutritious food safely and hygienically
Plan and shop for healthy meals that are within their budget | GOVERNMENTS
work to integrate food and nutrition education into national policies |
| PARENTS
gain new knowledge and skills to give their children a good start in life | PEOPLE
enjoy cooking and eating healthier foods | COMMUNITIES
make better use of their traditional and local foods |
| SCHOOLS
know how to provide healthier meals and snacks for their students | FOOD PRODUCERS
are supported to produce and market healthier foods | POLICY MAKERS
understand the need to regulate harmful food advertising to children |



Food and Agriculture Organization of the United Nations

Contact info:
<http://www.fao.org/nutrition/education/en/>



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