



Food and Agriculture  
Organization of the  
United Nations

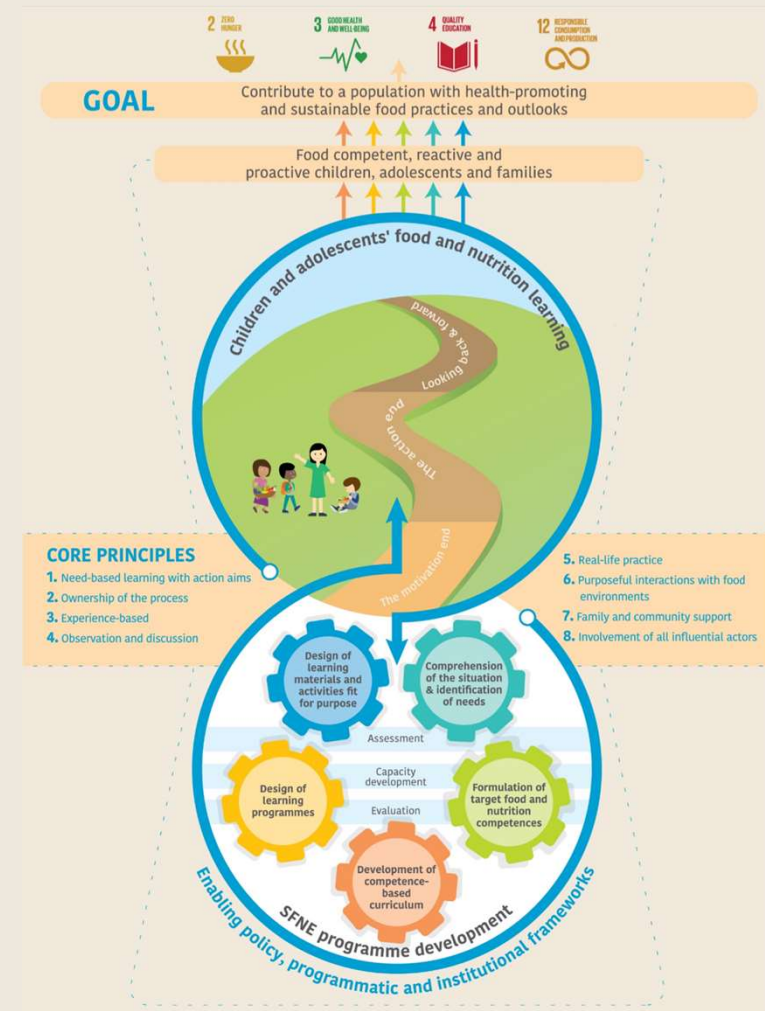
# School-based food and nutrition education

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# What is it about?

- Putting children at the center and build on how they learn about food in order to develop their life-long competences, skills and outlooks;
- Making food and nutrition education relevant to children's realities
- Starting with an analysis of what the food and nutrition needs of children/adolescents are and what they already know and need to learn to improve their dietary habits.
- Emphasizing children's ownership of the change process



Source: FAO (2020). School-based Food and Nutrition Education. A white paper on the current state, principles, challenges and recommendations for low-and middle-income countries

# Key principles for consideration



Sought results should be practical competences (i.e what children are able to DO by the end of the programme?)

These competences need to be defined according to children's education, nutrition and socioeconomic priorities, be feasible and useful for real life

Effective food and nutrition education goes beyond learning in the classroom, by involving the whole school community and creating linkages with school meals and school food environments.

Food and nutrition education should NOT assume that food can be isolated from its wider socio-economic meanings, the food system and its sustainability implications. Learning should make sense of this complexity.

# School food and nutrition: a holistic approach – FAO's Framework

