

## NOURISHING framework



### Give nutrition education and skills

This table provides examples of the types of policy action that can be taken within this policy area, examples of where these policy actions have been implemented, and a brief description of what the action involves. It provides a global snapshot, largely of policies already implemented; it is not necessarily comprehensive. The examples were collated through a review of international reports of policy actions around the world, academic articles reporting on policy actions, and online government resources.

We welcome feedback. Please contact us at [policy@wcrf.org](mailto:policy@wcrf.org) if you would like to add any further examples of implemented policies, see the policy documents that we reference, or have any further questions or comments.

EXAMPLES OF POLICY ACTIONS	EXAMPLES OF WHERE IMPLEMENTED	WHAT THE ACTION INVOLVES
Nutrition education on curricula	Australia	The Australian Curriculum (version 8), developed by the Australian Curriculum Assessment and Reporting Authority (ACARA), was published in October 2015 after endorsement by the Education Council in September 2015. It addresses food and nutrition education in both the Health and Physical Education and Design and Technologies curriculum. Students learn about food production, the benefits of healthy eating and the preparation of healthy food, as well as how culture and context shape what they eat. States and territories are responsible for implementing the Australian Curriculum. All states and territories have implementation plans in place with varying implementation timeframes to deal with compatibility issues with state curriculums; however, the aim is for nationwide implementation of the curriculum by 2020.

<b>Brazil</b>	Brazil's School Health Programme (PSE) was established in 2007 by Presidential Decree No 6.286/200 and is managed by the Ministries of Health and Education. Through the programme, schools must monitor and evaluate student health and take actions to promote healthy eating and food and nutrition security. In 2009, a new mandate established that food and nutrition education should be fully integrated across the entire curricula of basic education. In 2012, the Ministries of Social Development, Health and Education launched the Framework of Reference for Food and Nutrition Education in Public Policies, identifying kindergartens, schools and universities as important areas for food and nutrition education.
<b>Finland</b>	Education is a key part of awareness raising on health issues in Finland, and compulsory classes in health education and home economics are part of basic education. Home economics includes food preparation, meal planning (taking nutritional recommendations into account) and how to interpret food labelling and assess the reliability of different types of nutrition information.
<b>Japan</b>	In 2005, the Japanese Basic Law on Shokuiku (Shoku = diet, iku = growth and education) was enacted to promote dietary education, including in schools and nursery schools. Diet and nutrition teachers are trained by a programme started by the Ministry of Education and Science that uses professional registered dietitian programmes in universities.
<b>Malaysia</b>	As part of the formal curriculum, pupils in primary and secondary schools learn about the Malaysian Food Pyramid, the importance of fruit and vegetables, a balanced diet and active living in Physical and Health Education. Nutrition is also taught informally through activities in school sports clubs, academic associations and youth organisations such as scouts and cadets.
<b>Mexico</b>	In Mexico, the General Law on Education (Ley General de Educación) of 1993, last amended in 2016, establishes that schools must provide nutrition education alongside minimum standards for physical activity and sports, with the aim of promoting a culture of healthy eating.
<b>Slovenia</b>	The Slovenian national nutrition policy requires nutrition education to be included on school curricula. Nutrition education in primary schools is mainly delivered through science subjects, but also in home economics, and is designed to both aid knowledge and skills acquisition (eg understanding healthy eating guidelines; classifying food according to nutritional content).
<b>South Africa</b>	In South Africa, the inclusion of nutrition is compulsory in the Life Orientation curriculum in schools.
<b>South Korea</b>	In 2011, South Korea made amendments to the 2006 School Meals Act to include nutrition education in school curricula. Nutrition education is provided by nutrition teachers who are dietitians with a government issued license who have passed a special examination.

	<b>Vietnam</b>	The Vietnamese Ministry of Education and Training is responsible for incorporating nutrition education into the school curriculum at all levels and providing capacity building for teachers as part of the Vietnam National Nutrition Strategy (2011–20).
<b>Community-based nutrition education</b>	<b>Australia</b>	<p>Food Sensations® is a comprehensive nutrition and cooking initiative offered by Foodbank WA to schools, adolescent and adults groups across Western Australia (WA).</p> <p>Food Sensations in schools is an interactive, hands-on nutrition and cooking program with curriculum linked lesson plans that are available to schools registered with Foodbank WA's School Breakfast Programme. The lesson plans and many other resources including recipe booklets are available on the Superhero Foods website <a href="http://www.superherofoodshq.org.au">www.superherofoodshq.org.au</a>. It is funded by the Department of Education (WA), Department of Health (WA), Department of Regional Development and Lands (WA).</p> <p>Food Sensations for Adults is a four week comprehensive adult food literacy programme which covers topics such as the Australian Guide to Healthy Eating, label reading, meal planning and budgeting, mindful eating, supermarket tours as well as cooking and food safety. The Food Sensations programme is offered to people from low to middle incomes with an interest in improving their food literacy skills. The programme is predominately face to face, but can be accessed via videoconference to regional and remote areas of WA. It is funded by the Department of Health (WA).</p>
	<b>Malaysia</b>	<p>Community-based nutrition education sessions are conducted through a variety of initiatives by the nutrition division of the Malaysian Ministry of Health. The Healthy Community Kitchen Initiative, based in rural settings, organises group cooking classes, cooking demonstrations, nutrition talks and nutrition training as well as community gardening, in addition to health screenings. Nutrition Information Centres, based in urban settings, disseminate nutrition information to the public; some also conduct weight management programmes which comprise nutritional assessments, diet consultations and physical activity. The Healthy Supermarket Initiative conducts supermarket tours teaching participants to read labels and choose healthier food products while supermarket staff receive training on healthy eating and food safety.</p> <p>Empowering Communities, Strengthening the Nation, known as KOSPEN, is a community-based programme to address lifestyle risk factors of non-communicable diseases (NCDs). KOSPEN is a collaborative effort between the Ministry of Health, the Department of Rural Development (KEMAS), the Neighbourhood Watch Programme of the Department of Unity and National Integrity and non-governmental organisations. KOSPEN covers healthy eating, weight management, physical activity, smoking and early detection of NCD risk factors. Volunteers are trained to promote and advocate for health and facilitate the establishment of healthy environments that enable healthy lifestyle practices. Volunteers also carry out health screenings on blood pressure, blood sugar and body mass index. If screened individuals show an elevated risk for NCDs, volunteers refer them to the nearest health clinic. By June 2016, 31,940 volunteers were trained in 5,551 localities.</p>

		<p>The Empowerment Initiative of the Parents and Teachers Association (PTA), known as C-HAT, aims to increase the knowledge and awareness of parents and teachers about a healthy lifestyle in childhood including healthy eating and physical activity. PTA representatives of each school receive one training session conducted at district level. The initiative also encompasses BMI measurements by school health teams, and referral of overweight and obese children to a nutritionist at a health clinic using the 2016 Standard Operating Procedure (SOP) Nutrition Management for Overweight &amp; Obesity (see “N – Nutrition advice and counselling in health care settings” for more information on the SOP). It plans to enroll 10,000 schools by 2018.</p>
	<p><b>US</b></p>	<p>The US National Institute of Food and Agriculture runs the Expanded Nutrition Education Program nationwide and in US Territories. The programme is designed to assist resource-limited audiences to acquire the knowledge, attitudes, and skills in food production and preparation in order to encourage behaviour change. Participants learn to better manage their food budgets and resources from federal, state, and local food assistance agencies. The programme also engages young people through after-school activities, residential camps, community centres, and home gardening workshops, which complement the educational curriculum.</p> <p>The US Department of Agriculture runs a programme to provide education to recipients of the Supplemental Nutrition Assistance Program (SNAP). They provide online resources and guidance to support state and local SNAP education providers. The SNAP-Ed Connection site provides curricula, lesson plans, research and participant materials.</p>
<p><b>Cooking skills</b></p>	<p><b>Germany</b></p>	<p>In 2007, the voluntary “nutrition licence” programme for elementary school children in Germany was introduced through “IN FORM”, an initiative to promote healthy diets and exercise by the Ministry of Nutrition and Agriculture and the Ministry of Health. Children are taught cooking skills, hygiene rules and the nutrition pyramid in year 3 of elementary school. After taking an oral and written exam, they receive a personalised nutrition licence (“Ernährungs-Führerschein”). As of May 2016, 780,000 pupils have taken part in the programme. With the support of the Ministry of Nutrition and Agriculture, aid infodienst, a German non-profit association, trained 5,000 elementary teachers and 600 trainers to deliver the “nutrition licence” programme. aid infodienst also supplies the teaching material.</p>
	<p><b>Malaysia</b></p>	<p>Children in Malaysian secondary schools are taught cooking skills in the elective course Life Skills, while kindergarten teachers learn how to prepare healthy menus for pre-school children in their care. The Life Skills course and the cookery education for teachers are under the auspices of the Ministry of Education.</p> <p>Health clinics routinely give cooking demonstrations as part of their activities on healthy eating promotion.</p>

	<b>Peru</b>	Community Kitchens (Comedores Populares) are an important channel for the provision of food to families living in poverty in Peru. They are community-focused and involve cooking programmes to develop food skills and basic nutrition education. A project is currently underway to increase the use and consumption of fruits in the kitchens, and reduce the use of saturated fat and salt.
	<b>UK</b>	In England, from September 2014, the National Curriculum includes mandatory hands-on cookery for children up to Year 9. Students learn how to cook and apply the principles of nutrition and healthy eating.
<b>Initiatives to train school children on growing food</b>	<b>Belize</b>	The non-governmental organisation Plenty Belize manages a series of school garden projects in close liaison with local government and non-governmental agencies.
	<b>Bhutan</b>	Classes on agricultural gardening became part of the school curriculum in Bhutan in 2002, under a joint initiative by the Ministries of Agriculture and Education with the support of the World Food Program.
	<b>South Africa</b>	The EduPlant programme is endorsed by the South African Department of Education. It supports the development of school gardens, where children learn to grow fruit and vegetables, eat some of the produce and sell the rest to raise funds. Schools receive support for two years until they can manage on their own.
	<b>Uganda</b>	In Uganda, agriculture is part of the primary school curriculum and there is extensive vegetable gardening in schools, some supported by the non-governmental organisation Seeds for Africa.
	<b>US</b>	New York City's Grow to Learn NYC: the Citywide School Garden Initiative aims to establish a sustainable school garden in every public school in the city. By 2013, 350 schools had registered in the initiative. If school gardens meet the criteria of GreenThumb, a division of the New York City Department of Parks and Recreation, they receive technical assistance, materials and educational workshops. The initiative partners with the Garden-to-Café Program of the NYC Department of Education, Office of School Food, connecting school gardening with school cafeterias.

<p><b>Workplace or community health schemes</b></p>	<p><b>Singapore</b></p>	<p>The Health Promotion Board in Singapore encourages employers to establish a Workplace Nutrition Programme. They provide guidelines on developing comprehensive programmes, which include organisational policies, supporting creative environments, and building awareness and personal skills.</p>
<p><b>Training for chefs, caterers and food service providers</b></p>	<p><b>Malaysia</b></p>	<p>Since 2005, the Malaysian Ministry of Health has run the voluntary Healthy Catering Initiative, which provides training for food outlet and canteen operators on healthy eating, preparing healthy menus, the effects of unhealthy eating habits, and food safety. Most of the caterers who have so far attended the course are those serving food to government authorities or institutions. School canteen operators are encouraged to take the training course alongside the mandatory Food Handlers training course, and private sector companies are trained on request. The Healthy Catering training is mandatory for operators of hospital cafeterias (see “O – Offer healthy food and set standards in public institutions and other settings” for more information).</p>
	<p><b>Singapore</b></p>	<p>Linked to the Healthy Meals in Schools Programme (see “O – Offer healthy food and set standards in public institutions”), the Singapore Health Promotion Board supports schools by organising culinary and nutrition training for canteen vendors to equip them with knowledge of healthy nutrition and culinary skills to prepare healthier meals using healthier ingredients.</p>
	<p><b>US</b></p>	<p>Linked to the voluntary Smart Meal Seal Programme (a point-of-purchase labelling scheme for healthy options), the Colorado Department of Health provides nutrition training for catering managers in participating restaurants and canteens to encourage the development of healthier options that meet nutritional standards.</p> <p>Linked to Philadelphia’s Healthy Chinese Take-Out Initiative implemented in 2012 (see “S – Set incentives and rules to create a healthy retail and food service environment”), Chinese restaurant owners and chefs were provided training to help reduce the sodium content of dishes on their menus. This included a professional-chef led group training at the beginning of the initiative that included information about sodium, its impact on health and low-sodium cooking techniques with practice cooking session with the chef, as well as ongoing technical assistance to help implement menu changes. One-on-one ‘booster training’ was offered to restaurant owners and chefs to reinforce what they learned in the initial training, distribute promotional materials and address any issues or concerns. A toolkit and video was also developed and made available.</p> <p>Linked to Philadelphia’s Comprehensive Nutrition Standards, in effect since 2014 (see “O – Offer healthy food and set standards in public institutions and other specific settings”) training is provided to all City staff and other providers who work in City agencies serving, selling or preparing food. There are four training modules – introduction to the Nutrition Standards, basic nutrition, healthy cooking and shopping strategies, and kitchen and culinary basics (knife skills, flavour perceptions, using spices, healthy substitutions). These modules are used with different audiences, such as kitchen staff who prepare food, programmatic support staff, and residents or constituents at sites. Toolkits are also available to help sites implement the standards and host interdepartmental meetings to share resources and get feedback on the implementation process.</p>

A number of other organisations provide access to policy databases. Some are listed below:

**International**

[WHO Global Database on the Implementation of Nutrition Action](#)

[WHO Noncommunicable Disease Document Repository](#)

**Europe**

[WHO Europe Database on Nutrition, Obesity and Physical Activity](#)

**United States**

[The Rudd Center for Food Policy and Obesity – Legislation Database](#)

[National Association of State Boards of Education – State School Health Policy Database](#)

[National Cancer Institute – Classification of Laws Associated with School Students](#)

[Centers for Disease Control – Chronic Disease State Policy Tracking System](#)

**Canada**

[Prevention Policies Directory](#)