



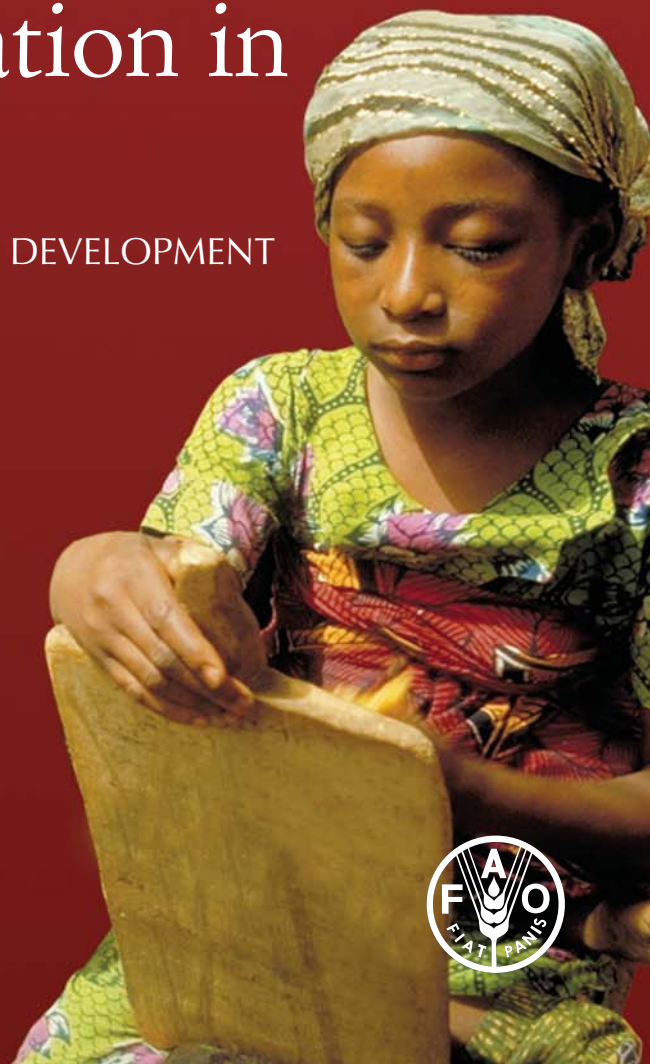
PROMOTING LIFELONG  
HEALTHY EATING HABITS



# Nutrition Education in Primary Schools

A PLANNING GUIDE FOR CURRICULUM DEVELOPMENT

**Vol. 1: The Reader**



HEALTHY, WELL-NOURISHED AND EDUCATED PEOPLE are a country's most precious asset for achieving economic and social development. Access to sufficient, safe and nutritious foods is essential to reaching this goal. However, this by itself is not enough. People also need to understand what constitutes an appropriate diet for health, and they need to have the skills and motivation to make proper food choices and practise healthy eating habits. Helping people in doing so is the role of nutrition education.

Many eating habits are formed during childhood and they can last a lifetime. It is therefore important for children to learn of the benefits of good nutrition and to develop healthy eating habits. Schools are an excellent setting for bringing nutrition education to children at an early age and through qualified staff.

However, in many countries schools do not offer nutrition education. Where it is offered, it often focuses on increasing pupils' knowledge of good nutrition, with less emphasis on motivation and establishing good eating practices. FAO has prepared this Planning Guide to assist educators worldwide in establishing an effective nutrition education programme that encourages behaviour change.

The Planning Guide consists of a technical reader, a set of worksheets and a classroom curriculum chart. This practical hands-on material provides background information on the aims of nutrition education in schools and gives step-by-step guidance in planning or redesigning a nutrition education classroom curriculum and related school-based nutrition actions. The material can be used at national or local level and is intended for use by a team of educators and health staff, including education inspectors, curriculum planners, teacher educators, teachers, nutritionists and health workers.