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 INDIAN COUNCIL OF
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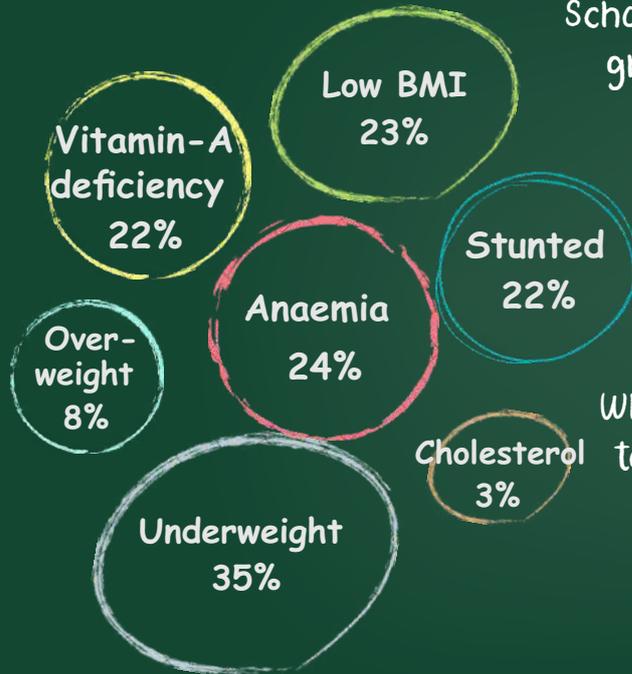
Let's Fix Our Food

Nutriguide for Educators

Fusing
 Nutrition & Education



Health Concerns Among School-going Children in India



School children and adolescents in the age group **9-17 years** are not consuming a balanced and diverse diet.

Over 70% children consume packaged food items in schools or buy from or near schools.

While some children bring their lunch to school, over half still consume or buy **High Fat, Sugar, Salt (HFSS)** packaged foods nearby.

Source: CNNS, 2016-18

Source: Centre of Science & Environment, 2018

WHY SHOULD SCHOOLS INVEST IN CHILDREN'S NUTRITION?

Over 33 million children in India are currently dealing with high Body Mass Index, and without immediate action, this number is expected to reach 83 million by 2030.

(Obesity Atlas 2024)



- ➔ Schools investment in child nutrition can improve cognition, academic performance and attention span.
- ➔ Children spend most of their time in schools. The perfect place to instill lifelong healthy eating habits.
- ➔ Schools can contribute to building a healthier India, by preventing burden of non-communicable diseases.



WHAT SCHOOLS CAN DO?

5 E's of Action

E

EVALUATE



EDUCATE



EMPOWER



ENABLE



ENGAGE



★ **EVALUATE**: Regularly evaluate health status of school children in collaboration with Health Departments

1 Check BMI and growth charts to assess physical development.



2 Examine signs of vital nutrient deficiencies.

- **Iron deficiency**: Pale skin, pale tongue, loss of attention, fatigue, chappy lips
- **Zinc deficiency**: Slow growth, Hair loss
- **Vitamin-A deficiency**: Dry eyes, Night blindness



3 Examine students' eating habits to ensure they are receiving the necessary nutrients.



4 Score and report the results and make them aware of their own health status.



★ EDUCATE: Schools should foster lifelong wellness through nutrition education

1 Make them aware of their own health status and long-term consequences.

4 Equip students with essential food safety skills and knowledge on food labeling.

2 Tailor the curriculum for age-appropriate learning.

3 Integrate nutrition lessons into biology, physical education, home science and dedicate weekly nutrition classes.



★ EMPOWER : Schools should equip the students with practical life skills



1 Budegeting & selecting food items



2 Meal planning



3 Cooking



4 Kitchen gardening



5 Enrich their learning through field trips to local farms and food processing facilities.



★ ENABLE : Schools should enable a healthier school environment

1



Promote healthy food choices at the cafeteria

2



Educate staff about food handling and proper portioning.

3



Encourage students to bring own homemade meals.

4



Prohibit sales of HFSS foods near schools.



★ ENGAGE : Enhancing nutrition through engaging students and parents

1



Engage students through interactive quizzes and games related to nutrition.

2



Collaborate with experts for informative sessions.

3



Encourage parents' participation through family cooking competitions and nutrition-themed events.





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For more details contact

NUTRITION INFORMATION, COMMUNICATION & HEALTH EDUCATION (NICHE) DIVISION
 ICMR-NATIONAL INSTITUTE OF NUTRITION
 TARNAKA, HYDERABAD-500007, TELANGANA STATE
 Website: <http://www.letsfixourfood.org>



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World Health Organization India

