

# In Russia will fight with the food literacy of students

In a short time in Russian schools there may be lessons of healthy eating, aimed at the formation of the culture of nutrition in children and adolescents. The project will develop the Ministry of health of Russia. The lectures are conducted by doctors, nutritionists, together with representatives of the spheres of education, culture and agriculture, which will be specifically to teach the principles of rational nutrition. Thus, trained lektorskie group will be able to teach children and adolescents how and why you need to eat right.

The author of the initiative is Alex Kovalkov, doctor of medical Sciences, doctor-nutritionist. According to nutritionist, the content of the lessons must correspond to the level and mental development of students.

Since it is impossible to find a nutritionist in every school, I offered to make video tutorials, but in the form of games. For example, for Junior classes like "Abvgdejka" to more senior classes of chemical elements, journey to the factories, which produce food that they understand that the cheese does not grow on trees.

Alex Kovalkov  
dietitian

Russia is currently paid little attention to instilling a culture of healthy eating. As a result, in the country every year the number of children suffering from obesity. A curious fact: for the past three years, Russia is in the top 20 most "fat" countries in the world.

Source: Vespo

Introducing the lessons of healthy eating — not the first attempt to include lessons in nutrition in the school curriculum. With such initiative the Deputy of the state Duma was made in 2014. In the same year it was decided to establish an interdepartmental coordination group on development of measures of additional support for the organization of healthy nutrition in schools, but the project was never [pro papers reviews](#) implemented.

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While Federal attempts to impose the lessons of healthy eating was not successful in some regions, the practice of conducting such studies is actively developing the first year. For example, in schools of Volgograd, and Blagoveshchensk, Vladimir, Syktyvkar lessons of healthy eating in schools is carried out by volunteers-medical students. In particular, in Veliky Novgorod in 2014 launched in test mode, the elective in nutrition for Junior classes.

Another successful example is the project "Lessons of healthy nutrition" for the schools of Uzbekistan, implemented with the joint efforts of the Ministry of national education of the Republic of Uzbekistan and programs Healthy kids (Healthy Kids) company Nestl. Under this programme in 62 schools of Uzbekistan were introduced, the lessons of good nutrition. In the framework of this project was developed textbooks and workbooks on nutrition for schoolchildren and teaching guide for teachers, which described in detail the script to each of the lessons, including homework.

Tutorials on healthy eating

Source: azu.uz

The training material is constructed in the form of interactive stories and dialogues in which the characters discuss life situations related to nutrition and health.

Source: azu.uz

The textbook pays special attention to the types of food, time, purpose and impact on the child's body.

Source: azu.uz

Furthermore, training material also includes conventional course etiquette at the table.

Source: azu.uz

This program was a great success in Uzbekistan and in the spring of this year was presented the second edition of the project.

Everyone knows that eating correctly is a very important thing, but many families have no established healthy eating habits. The inclusion of courses of healthy nutrition in the school curriculum would help children to form healthy eating habits from an early age, and thus would strengthen the health of younger and future generations.