

HOW TO COOK UP NUTRITION EDUCATION



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HOW TO COOK UP NUTRITION EDUCATION

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Foreword

This book reflects what is often in the back of my mind as I think about what drove me to master a plant-based cuisine. It mirrors my belief that biodiversity begins on the plate; that changing our mindsets about the way we eat can have a profound impact on the world around us.



Food, in all its forms, is a powerful catalyst for change. I have seen the magic that can happen in the kitchen when transforming food into something that tastes good. And when you cook with food, like I do, you begin to realize that this could be true on a far larger scale and with far reaching implications. The messages in this book are about taking individual ingredients on a grander scale, like education, biodiversity and food sustainability, and blending them to transform our relationship with nutrition. When we understand how interconnected food systems are, from the farm to the fork, we begin to understand how interconnected all life on this planet is.

I am proud to be a UNESCO Goodwill Ambassador on nutrition education because I want to help relay the message that the lessons we learn about what and how to eat in school and beyond impact not only our own health, and productivity, but much much more. These lessons begin from birth, in the messages we receive from our parents, in schools, through our school meals, and from the world around us. An investment in nutrition education is not just about teaching us what to eat; it is about empowering us to make informed choices that nourish our bodies and protect the planet.

We cannot cook up any form of nutrition education without also remembering the many millions of children who are not food secure. Nutrition plays a vital role in human development, particularly in children, but also when we are adults. Access to nutritious school meals, for example, has been shown to significantly improve learning outcomes. Eating unhealthily is similarly a pressure cooker for our entire system. Adults who eat unhealthily are likely to experience faster cognitive and productivity decline.

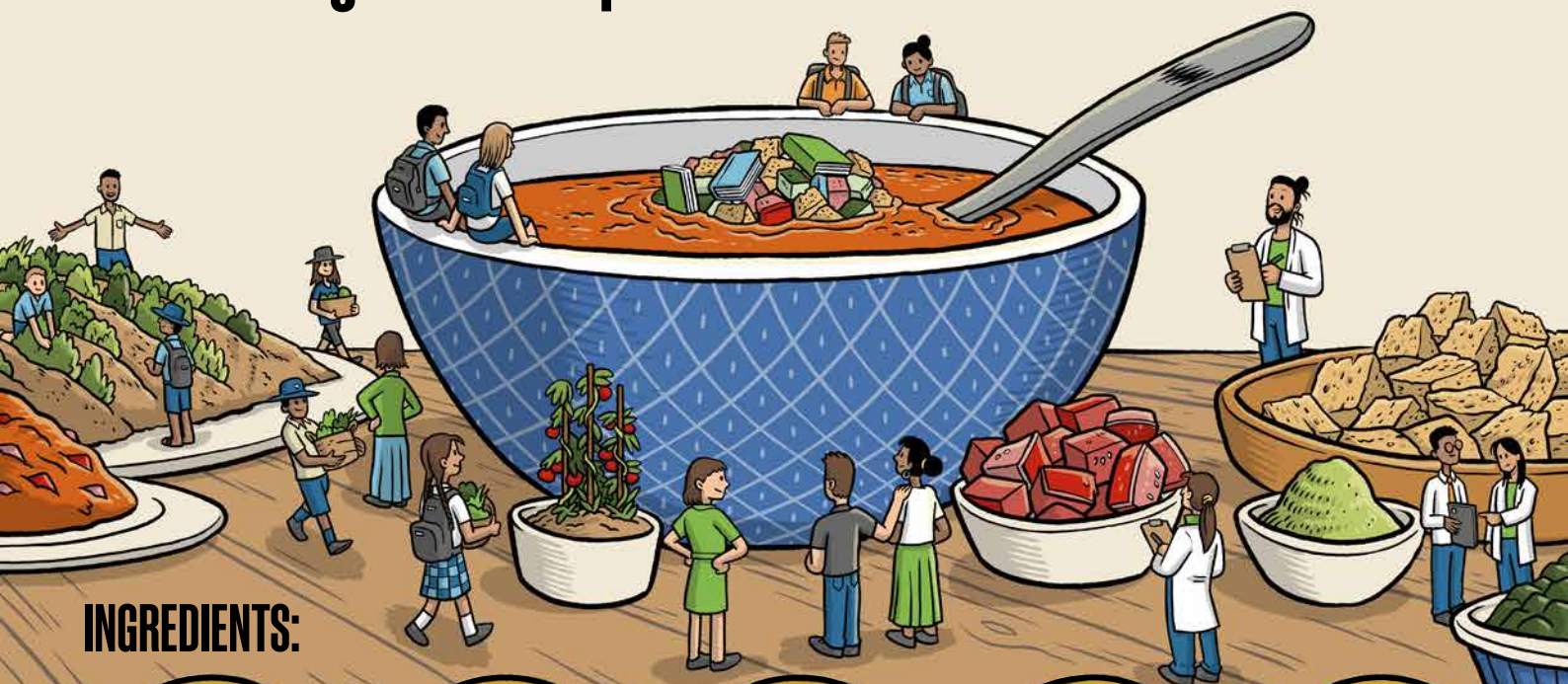
Ultimately, this book is a call to action. Just as a chef carefully selects and combines ingredients to create a masterpiece, we must carefully consider the ingredients of a healthy and sustainable future – education, nutrition, and a deep respect for our planet and all its inhabitants

Daniel Humm

UNESCO Goodwill Ambassador for nutrition and education

Recipe 1:

The Growing Minds Gazpacho



INGREDIENTS:



Nutritious Roots:

A solid base of locally sourced, seasonal ingredients grown in school gardens.



Educational Sprouts:

A generous portion of nutrition education integrated into science, home economics, and cultural studies.



Community Compost:

A rich blend of parental engagement and community partnerships.



Data beets:

Regular screening and evaluation of student nutritional status and meal program effectiveness.



Staff Cultivators:

Active engagement and training of all school staff in promoting healthy eating habits.

INSTRUCTIONS:

1. Prepare the Soil: Establish vibrant school gardens, prioritizing locally produced food and experiential learning for children.

2. Plant the Seeds of Knowledge: Integrate nutrition education into the curriculum, emphasizing cultural and sustainability aspects of food.

3. Tend the Garden Together: Involve parents and community members in gardening, cooking, and nutrition education activities.

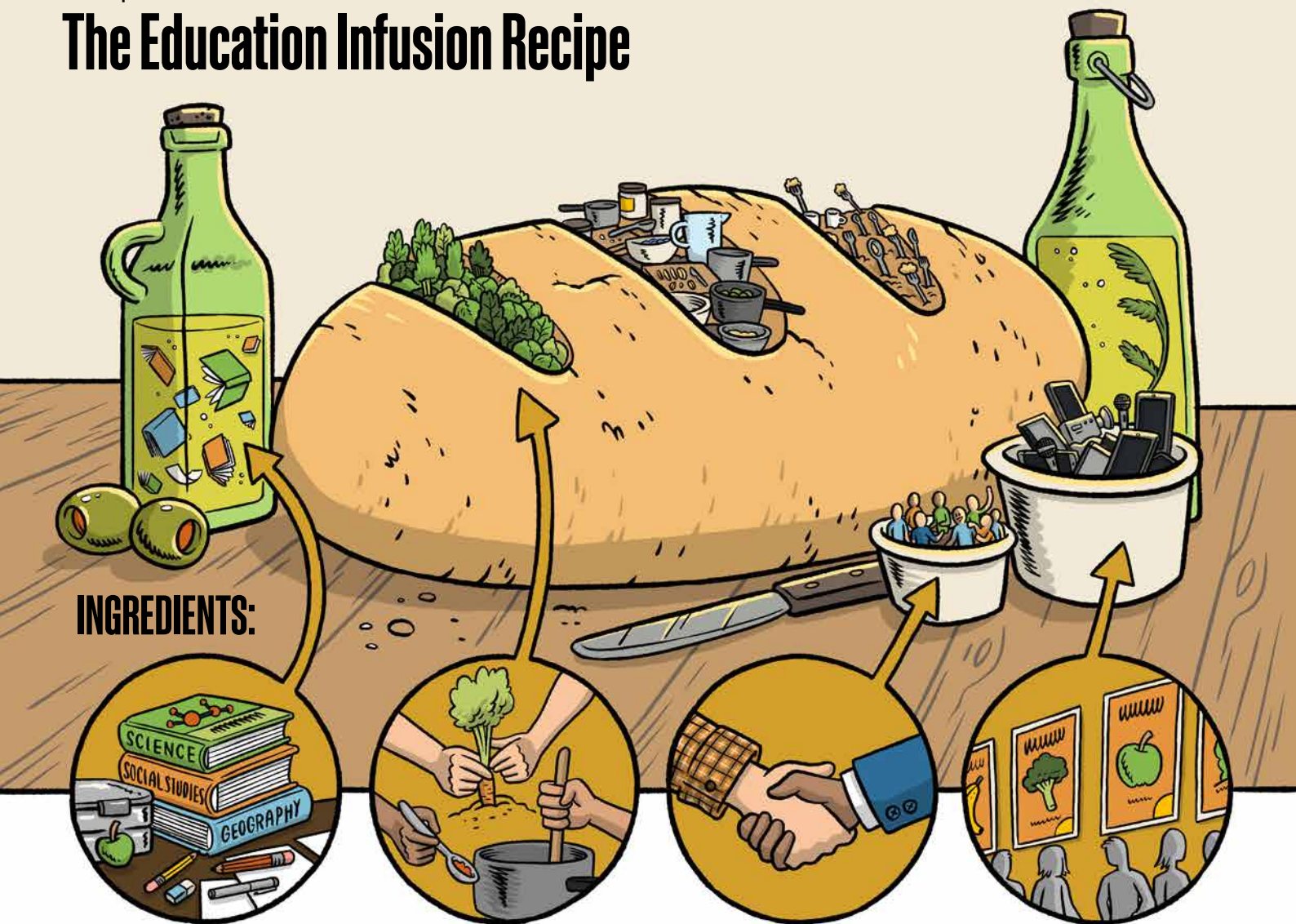
4. Monitor Growth: Regularly screen students for nutritional needs and evaluate the effectiveness of the school meal program.

5. Empower the Cultivators: Train and engage all school staff to actively promote healthy eating habits throughout the school environment.

6. Harvest and Serve: Enjoy the fruits of your labor – nutritious, locally sourced school meals that nourish minds and bodies, fostering a lifelong connection to healthy eating and sustainable food systems.

Recipe 2:

The Education Infusion Recipe



INGREDIENTS:

Curriculum Infusion:

A generous sprinkle of nutrition education across all subjects (science, social studies, geography) across all grades.

Experiential Learning:

A handful of hands-on activities like gardening, cooking classes, and food tastings.

Community Engagement:

A pinch of community partnerships with local farms, farmers' markets, and nutrition experts.

Public Awareness:

A dash of engaging public health campaigns to promote healthy eating habits.

INSTRUCTIONS:

1. Combine: Knead nutrition education seamlessly into the existing school curriculum to get out all the lumps.

2. Cook: Stir in experiential learning opportunities such as trips to local farms, farmers' markets, and community gardens to connect classroom learning with real-world experiences.

3. Season: Add a sprinkle of community involvement to connect learning to real-world experiences.

4. Serve: Empower students with the knowledge and skills to make informed food choices throughout their lives.

Recipe 3:

The Multisectoral Stew



INGREDIENTS:

Education:

A generous helping of school-based nutrition education for all.

Health: A slice of public health programs and initiatives.

Agriculture: A heavy dose of sustainable farming practices and local food systems.

INSTRUCTIONS:

1. Combine: Bring together representatives from education, health, agriculture, and other relevant sectors into a fluid blend.

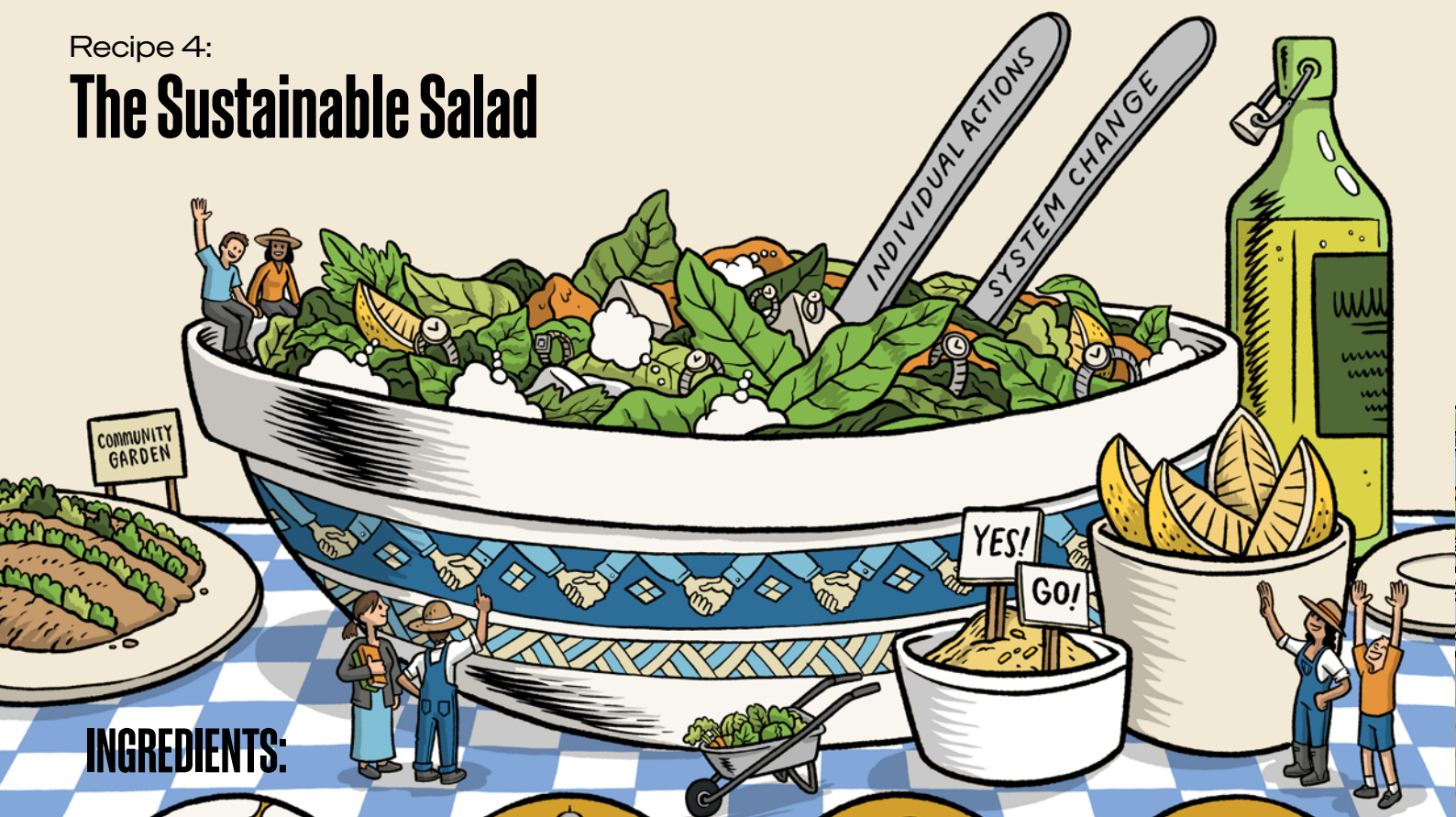
2. Cook: Foster collaboration and communication to a smooth consistency.

3. Season: Add a pinch of community engagement and advocacy to drive systemic change. Add spice to your liking.

4. Serve: Enjoy the fruits of collaboration - a healthier population and a more sustainable food system.

Recipe 4:

The Sustainable Salad

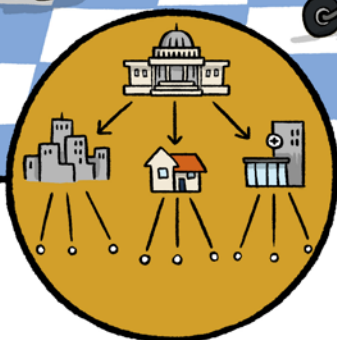


INGREDIENTS:



Individual Behavior Change:

A pinch of awareness campaigns, a dash of public education.



Systemic Factors:

A generous helping of food access programs, a sprinkle of food policy reform. And cut down on the negative advertising.



Supportive Environment:

A dash of community gardens, a generous pour of healthy food options in schools and workplaces.



Time:

A slow simmer over time for sustained change.

INSTRUCTIONS:

1. Combine: Blend individual behavior change with systemic interventions.

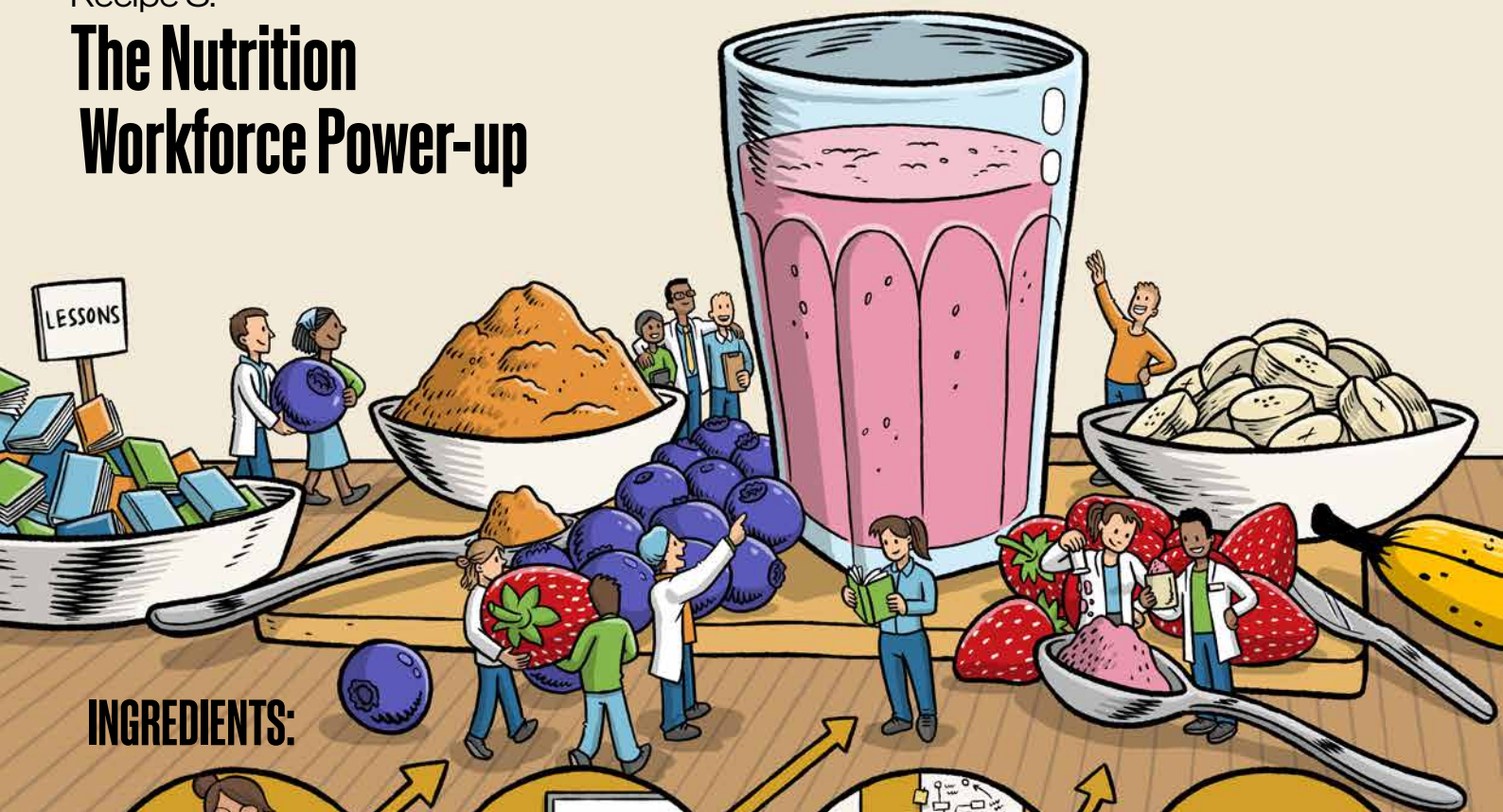
2. Cook: Gradually implement policies that improve food access and availability, such as subsidizing healthy foods and restricting unhealthy marketing.

3. Season: Add a dash of community support and advocacy to create a truly supportive environment for healthy eating.

4. Serve: Enjoy the fruits of your labor – a healthier population and a more sustainable food system.

Recipe 5:

The Nutrition Workforce Power-up



INGREDIENTS:



Strong Foundation:

A base of well-trained nutritionists, dietitians, and public health professionals.



Continuous Learning:

A steady stream of professional development opportunities, including workshops, conferences, and online courses.



Research and Innovation:

A sprinkling of cutting-edge research on nutrition and food systems.



Collaboration:

A healthy dose of interdisciplinary collaboration between nutritionists, educators, and other stakeholders.

INSTRUCTIONS:

1. Prepare the night before! Invest in the education and training of the nutrition workforce.

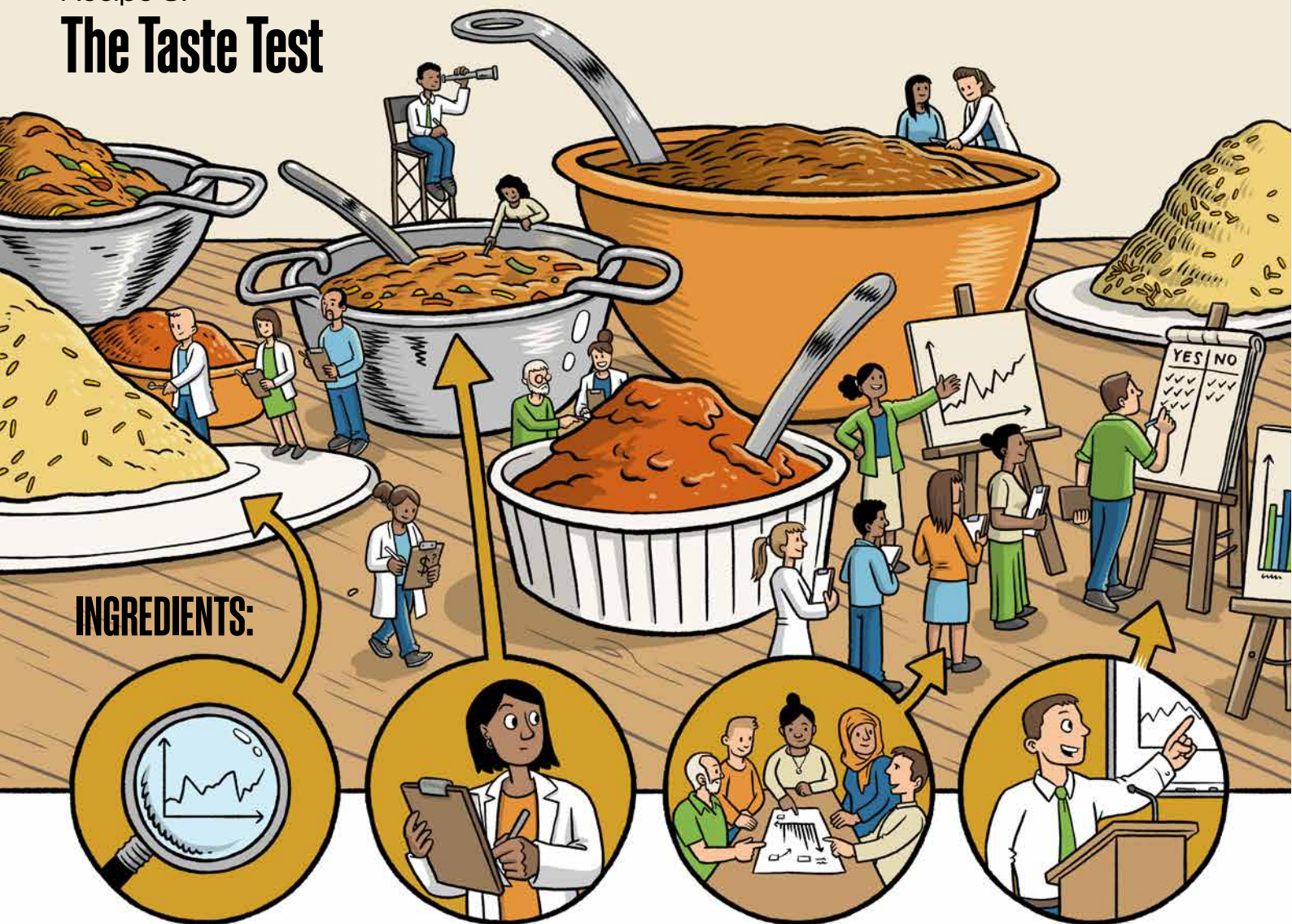
2. Combine: Blend theoretical knowledge with practical skills through hands-on experiences and mentorship programs. Don't be scared to get your hands dirty.

3. Cook: Encourage innovation and research to address emerging challenges in nutrition and food systems. Taste as you go.

4. Serve: Empower a skilled and knowledgeable workforce to improve public health and nutrition outcomes.

Recipe 6:

The Taste Test



INGREDIENTS:

Data Collection:

A pinch of rigorous data collection on program outcomes (e.g., student health, dietary intake).

Regular Monitoring:

A steady stream of ongoing program monitoring and evaluation.

Feedback Analysis:

A generous helping of feedback from stakeholders (students, teachers, parents, community members).

Knowledge Sharing:

A dash of knowledge sharing and dissemination of best practices.

INSTRUCTIONS:

1. Combine: Gather data on program effectiveness and collect feedback from all stakeholders.

2. Cook: Analyze data and identify areas for improvement.

3. Season: Share findings with program implementers and policymakers to inform future program development.

4. Serve: Continuously refine and improve programs based on evidence and feedback.

NUTRITION AND EDUCATION

FOOD IS OUR FUEL. IT STOPS US BEING HUNGRY, HELPS US CONCENTRATE, AND BUILDS HEALTHY MINDS.

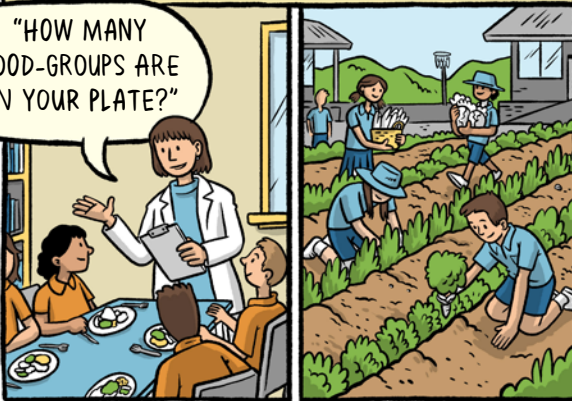


BUT WHAT WE EAT DOESN'T ONLY KEEP US HEALTHY ...IT AFFECTS WHO GROWS WHAT THE WORLD OVER - AND OUR PLANET.



SCHOOL IS SOMEWHERE WE CAN EAT WELL AND CAN LEARN ABOUT WHERE OUR FOOD COMES FROM - FROM FARM TO FORK!

"HOW MANY FOOD-GROUPS ARE ON YOUR PLATE?"



FARMERS ALSO NEED TO LEARN NEW SKILLS TO GROW MORE FOOD THAT'S BETTER FOR US, AND TO ADAPT TO CLIMATE CHANGE.

"HOW CAN I HELP MY CROPS SURVIVE?"

HOW CAN I GROW WHAT IS NUTRITIOUS?



IN FACT, WE NEVER STOP LEARNING ABOUT HOW TO FEED OURSELVES AND OUR FAMILIES.



EVEN IF NEGATIVE MESSAGES TRY TO UNDERMINE WHAT WE LEARN, AND FRUITS AND VEGETABLES ARE OFTEN SCARCE IN SOME AREAS.

OUR RELATIONSHIP WITH FOOD IS COMPLEX! WHAT WE EAT, WHAT'S AVAILABLE TO US, AND HOW OUR FOOD GROWS ALL CONNECT. WE MUST WORK TOGETHER SO THAT OUR FOOD CHOICES ARE HEALTHY FOR US AND THE PLANET.



