NUTRITION WEEK 2009 – HEALTHY EATING FOR CHILDREN

QUESTIONS AND ANSWERS DOCUMENT

July 2009

INTRODUCTION

This serves as a background document highlighting a number of possible questions and associated answers that could be raised during the National Nutrition Week 2009 campaign and can be used in conjunction with the Key Messages document.

The objective of this document is to provide answers for a number of possible questions that could be posed to individuals undertaking interviews in order to ensure consistency in what is communicated by all involved with National Nutrition Week 2009.

The actual communication of the answer contents can be adapted according to the target market they are being communicated to e.g. media, lower income consumers, higher income consumers, adults, children, but the overall content and meaning should remain consistent with this document and the associated Key Messages document.

The theme of National Nutrition Week 2009, 'Healthy Eating for Children' forms part of the larger Department of Health's, Healthy Lifestyle Campaign that focuses on:

1. Promoting good nutrition
2. Regular physical activity
3. Safe sexual behaviour
4. Tobacco control
5. Interventions against alcohol and substance abuse.

The target group for the National Nutrition Week 2009 'Healthy Eating for Children' campaign is children from grades 3 to grade 6 and their parents/guardians, educators and caregivers.

The three key messages pertaining to the overall message of 'Healthy eating for children, will be:

- Enjoy a variety of foods (with emphasis on eating plenty of vegetables and fruit every day)
- Drink lots of clean, safe water
- Be active.

NOTE: The questions and answers given below are those that relate directly to the theme of National Nutrition Week and are the key messages.

QUESTIONS AND ANSWERS

1. **How did National Nutrition Week originate?**
National Nutrition Week started some 10 years ago when the Department of Health was approached by the Association for Dietetics in South Africa (ADSA) that felt that it was important to ensure that nutrition and evidence-based nutrition campaigns were included in the annual Department of Health calendar. As World Food Day annually falls on the 16th October it made sense for National Nutrition Week to happen at around this time and so it is scheduled in October each year.

2. What is the theme of National Nutrition Week 2009?
The theme for National Nutrition Week 2009 is 'Healthy Eating for Children' with three associated key messages: Enjoy a variety of foods, drink lots of clean, safe water and be active.

3. **How does this theme fit with the Department of Health's overall strategy to promote a healthy lifestyle?**
'Healthy Eating for Children' forms part of the larger Department of Health's, Healthy Lifestyle Campaign that focuses on 1) promoting good nutrition, 2) regular physical activity, 3) safe sexual behaviour, 4) tobacco control and 5) interventions against alcohol and substance abuse.

4. **Why is healthy eating for children important?**
Although South Africa faces many nutritional challenges across all ages, children are the foundation of the nation and so addressing their nutritional concerns as a priority is investing in our future especially when we consider some of the statistics that we hear:
   - Stunting and underweight are the most common nutritional disorders amongst South African children affecting almost one out of five (stunting) and almost one out of ten children (underweight) respectively.
   - More than half of South African children under the age of 9 years are deficient in Vitamin A and more than one out of ten are iron deficient.
   - These deficiencies impact on the growth, development and performance at school of the children themselves but also the country as a whole yet at the same time overweight and obesity are also a concern amongst our children. One child out of 10 (10%) under the age of 9 years is overweight and 4% are obese.

These statistics indicate the importance of educating children, educators, mothers and caregivers on good nutrition for children.

5. **Why have you also added a message on the need to drink clean, safe water?**

Just as healthy food choices are important for children, so too are their beverage choices. Water is vital for optimal wellbeing. Considering the variety of available beverages, it is often forgotten that clean, safe water is the cheapest drink there is and is the best choice of beverage for children hence the recommendation to 'drink lots of clean, safe water'. Children should aim to have between 6 to 8 glasses of clean, safe water a day. The overall fluid requirement for children is at least 2l per day and this comes from the water we drink and the foods and beverages that we choose.

6. **How is activity linked to nutrition?**

Good nutrition has to go hand in hand with being active. A child's wellbeing is dependent on more than just the variety of food that they eat or the clean, safe water they drink. Exercise is critical and so key to National Nutrition Week is also the message to be active.

The SA Youth Risk Behaviour Survey of 2002 found that 37,5% of our youth do not participate in physical activity and 25% watch television/are playing computer games for 3 hours or more per day. It is therefore vital to promote the 'be active' message amongst children.

7. **Why is the focus on children and not adults?**

Stunting and underweight are the most common nutritional disorders amongst South African children affecting almost one out of five (stunting) and almost one out of ten children (underweight) respectively. Added to this vitamin and mineral deficiencies that are also a major problem, with more than half of South African children under the age of 9 years being deficient in Vitamin A and more than one out of ten iron deficient. Together these negatively impact on the growth, development and performance at school of the children themselves but also impact the country as a whole.

We also are concerned about overweight and obesity. The statistics shows that 1 out of 10 South African children under the age of 9 years is overweight and 4% are obese.

According to the World Health Organization overweight children have a 70% chance of becoming overweight adults. Overweight and obesity are also associated with the development of a number of other diseases such as diabetes and heart disease.

All this makes it clear that there is an urgent need to address the challenges of both under- and overnutrition to improve the nutritional status and health status of all South African children.

8. **How can children be more healthy?**
   - By enjoying a variety of food, i.e different type of foods, with particular focus on plenty of vegetables and fruit.
   - By drinking lots of clean, safe water
   - By being active.

9. **What is meant with enjoying a variety of foods?**

We need to eat a variety of foods to be healthy. The more different types of foods you eat, the greater the variety, the healthier you are likely to be.

When we talk about a variety of foods we generally refer to foods from 5 groups:

1. Starchy foods
2. Vegetables and fruit
3. Chicken, fish, milk, meat, eggs
4. Dried beans, peas, lentils and soy
5. Fats, oils and sugars

An important guideline for healthy eating for children is to 'Eat plenty of vegetables and fruit every day' and so children should be encouraged to eat at least 5 servings of a variety of different vegetables and fruit every day.

Also, the best way to ensure that a child obtains all the nutrients needed for growth and development is to eat regular meals (morning, afternoon and evening) and to include a variety of foods each time they eat. As children are at school for much of the day and have a high energy requirement for their rapid growth, snacks are an important part of their diet. For these reasons, apart from meals, lunch boxes and snacks should also contain a variety of healthy foods such as a peanut butter or cheese sandwich, a tub of yoghurt, a piece of fruit and a bottle of clean, safe water.

10. **How much vegetables and fruit should one eat every day?**

One should eat plenty of vegetables and fruit every day and that means that everyone, including children should eat at least 5 portions of vegetables and fruit per day in order to ensure good health and to prevent disease.

Food intake studies have shown that South African children don't eat enough vegetables and fruits (National Food Consumption Survey 1999).

11. **How much is a portion of vegetable or fruit?**
Single oranges, apples, pears, peaches and nectarines each count as a portion, but with plums, litchis and other smaller fruit you need two to make a portion. With large fruits such as pineapples and melons, just one thick slice is sufficient, where a small cup of fruit such as berries or grapes also makes up a portion. A serving of vegetables is between 2 tablespoons (for little appetites) and half a cup (for bigger appetites – including Mom and Dad) of say, peas or sweet corn, cauliflower or cabbage, carrots or broccoli. Remember, some is better that none so even if you start with a small serving and grow it as your child becomes accustomed to the new taste.

12. **Can one drink unsweetened fruit juice as part of the 5 servings of vegetables and fruit per day?**
At least 3 of your 5 servings of vegetables and fruit must come from fresh or frozen. A serving of fruit juice is 200 ml juice and you need to ensure that you choose 100% fruit juice. Remember that drinking too much fruit juice too often, will lead to tooth decay. 250 ml juice has as much kilojoules as 2 portions of fruit. Overweight and obese children should rather avoid juice and drink water or milk.

13. **Do potatoes count as a vegetable?**
Although a vegetable, potatoes also count as a starchy food, just like bread and pasta. A serving of potato (ordinary or sweet) does count towards your 5 servings of vegetables and fruit but must be included with a variety of other vegetables and be careful about the additions – fat or chips and crisps. Go for boiled, baked or mashed (you can also add other vegetables such as carrots or beans to mashed potatoes to give it additional taste and colour).

14. **How can one make vegetables more appetising for children?**
It is true that children can be fussy eaters when it comes to vegetables so there are five tips towards getting kids to eat their 5 a day:

- Peel, pre-cut and cling-wrap fruit into manageable pieces for lunch-boxes.
- Cut up an apple or place a bowl of dried fruit near where your child is playing. Fruit kebabs are fun and children love them – use a variety of colourful fruit such as melon, orange wedges, pineapples and grapes.
- Many children dislike the taste of cooked vegetables. They may enjoy cauliflower, carrots and baby marrows more if they are raw or only very lightly cooked. These can then be served with cherry tomatoes/tomato wedges and sticks of cucumber and celery.

Children enjoy eating with their fingers, so serving vegetables like this can make them more attractive. They also make good snacks which can be served alongside pieces of fruit at any time of day.

- Disguise vegetables in food. Vegetables like carrots, tomatoes, egg plant, green beans, mealies and peppers could be added to casseroles, stews, lasagna, or spaghetti sauce. Squash, butternut, carrots and cauliflowers could be pureed and added to soups and pasta sauces. Grated carrots, cabbage can be added to meatballs and meatloaf.
- At mealtimes make an edible picture out of fruit and vegetables – use broccoli for trees, carrots and celery fro flowers, cauliflower for clouds and a yellow squash for the sun.

Remember too that parents are the best role models for children and so they also need to eat their 5 servings of vegetables and fruit each day.

15. **What about foods other than vegetables and fruit?**

There is no one perfect food and all foods can fit into a healthy eating plan. Enjoying a variety of foods also means one should include a wide range of foods in ones meals. The more different types of foods you eat, the healthier you are.

When we talk about a variety of foods we generally refer to foods from 5 groups:

1. Starchy foods
2. Vegetables and fruit
3. Dried beans, peas, lentils and soy
4. Chicken, fish, milk, meat, eggs
5. Fats, oils and sugars

The best way to ensure that a child obtains all the nutrients needed for growth and development is to eat regular meals (morning, afternoon and evening) and include a variety of foods in their eating plan.

It is recognised that healthy eating has a number of important components. The South African Food-Based Dietary Guidelines give 10 practical pointers relevant to healthy eating for children:

1. Enjoy a variety of foods
2. Be active
3. Drink lots of clean, safe water
4. Eat plenty of vegetables and fruit every day
5. Make starchy foods the basis of most meals
6. Eat dry beans, split peas, lentils and soy regularly
7. Chicken, fish, meat, milk or eggs can be eaten daily
8. Eat fats sparingly

9. Use salt sparingly
10. Use food and drinks containing sugar sparingly and not between meals

16. **What is meant with regular meals and why are they important?**
In order to meet our body's nutritional demands and sustain energy levels, it is important to eat regular meals daily, especially breakfast, lunch and supper. In addition regular meals will also help maintain blood sugar levels and help to prevent dizziness, tiredness and poor concentration.

Breakfast especially is especially important, as it helps improve mental performance and concentration during morning activities. Children who skip breakfast tend to be more sluggish, less attentive, and have less energy to carry out their tasks

17. **Can you give an example of a healthy lunch box for children?**
A healthy lunch box contains a variety of food from the following types of food:

- Vegetables, such as vegetable strips (cucumber/celery/baby marrows/carrots), tomato wedges or vegetable soup in a flask
- Fresh fruit - peel and wrap in cling wrap
- Dairy food - milk, low fat cheese, yoghurt or flavoured milk
- Protein food – slice of lean meat or fish, hard-boiled egg or cooked dried peas, beans or lentils, tofu, nuts or peanut butter, chicken pieces
- Starchy food – fortified brown bread, whole-wheat bread or fortified maize porridge, samp, or samp, baby potatoes, pasta salad, whole-wheat crackers
- Clean safe drinking water.

18. **What about healthy snacks for children, what would these be?**
See answers in question 9

19. **What about junk foods?**
We know that in a healthy lifestyle, all foods can fit and so there really are no junk foods but there are unhealthy eating plans and lifestyles. It is the principle of moderation and the balance over time of all the foods that you eat that actually determines whether the diet is healthy or unhealthy, good or bad. So the message is that if you get the overall balance right (lots of variety, a focus on vegetables and fruit and using fat, salt and sugar sparingly) there is still room to treat your child to their favourite beverage, dessert, burger or take-away. Remember treats must always be just that 'treats' otherwise they can become threats.

20. **If one cannot afford a variety of healthy food, what can be done to ensure that one's family still eats healthily?**

(Main points in bold)

Starchy foods:

A good mixed meal may be put together by combining a large portion of starchy foods with a fairly large portion of vegetables and only a small portion of meat, fish or chicken or a meat substitute e.g. beans, lentils.

- **Standard brown bread is cheaper than standard white bread** and is much cheaper than special breads, bread rolls and buns and is also fortified with vitamins and minerals.
- **Maize meal is the cheapest kind of porridge** compared to oats and sorghum and is also fortified with vitamins and minerals. Instant breakfast cereals are more expensive.
- **Use maize rice, potatoes and samp more often** and more expensive products such as rice, pearl wheat and pasta less often.

Vegetables and Fruit:

- **Try and grow your own vegetables and fruit throughout the year**. In this way you will save money and be able to eat plenty of vegetables and fruit every day
- **But vegetables and fruit that are in season and ones that are sold on promotion and where possible, try to vary them.**
- **Buy more vegetables, especially vegetables that can be eaten raw (e.g. carrots and cabbage) when fruit is very expensive.**
- **Buy packets/bunches of vegetables and fruit instead of loose pieces.**
- **Carrots, pumpkin and cabbage are reasonably cheap compared with the other vegetables. Buy them more often and cook them in various ways.**
- **Fresh vegetables are cheaper than preserved e.g canned or frozen vegetables**. Compared the price per portion
- **Use spinach and beetroot stems, pumpkin and beetroot leaves and pumpkin peels when making beans and stews.**
- **Limit the purchasing of expensive vegetables such as mushrooms, green peppers and bean sprouts.**
- **Wilted vegetables or fruit with rotten spots are not good buys and have also lost nutrients at this stage**. Potatoes that have turned green after exposure to light should not be bought, as it indicates the presence of a substance that is poisonous when eaten in large quantities.

Legumes such as dried beans, split peas, lentils and soya regularly

- Dry legumes are inexpensive and nutritious.
- Buy dry beans, dry peas and lentils in 500g packets and prepare them yourself. Canned, cooked dry beans (e.g. baked beans in tomato sauce and butter beans) may be convenient, but they are more expensive.
- Cook lentils and beans all in one batch and freeze in smaller quantities.

Chicken, fish, meat, milk and eggs

- Buy meat with little bone and fat. Lean minced meat is a good buy.
- **Add cooked dried beans, leftover porridge or vegetables to meat to stretch the dish.**
- Seldom buy tinned or processed meat such as sausages and polony which are expensive and also less healthy options.
- Often substitute red meat with eggs, chicken, hake fish, minced soya, tinned pilchards, dried beans or lentils baked beans or bean salad.
- ***Use cheaper sources of meat e.g. offal, mopani worms.***
- Rather buy a bigger chicken because it gives more meat and less bone proportionally to a smaller chicken
- Chicken portions per kilogram are more expensive than whole chicken. Chicken breasts are a better buy than drumsticks because they contain less bone. Remove the chicken skin before cooking.
- Whole frozen fish may seem cheaper than frozen fish portions. Bear in mind that the head, tail and fins from a whole fish are not eaten but you pay for them.
- The cheapest form of fish is canned pilchards and are very nutritious. Fish fingers may sometimes be a good buy.
- Skimmed milk powder is the cheapest source of dairy and can be used to make porridge.
- The nutritional value of milk blends or non-dairy creamers is lower than that of milk powder and should be avoided.
- Avoid non-dairy creamers as they are high in unhealthy fats.
- Condensed milk is not a healthy option as it has high amounts of sugar and is expensive for the amount of food value it provides.

Fats and oils and sugary type of foods

- Only small quantities of these are required daily for good health. It is possible to save since people generally tend to use too much of these foods
- Limit luxuries such as sweetened cold drinks, cakes, puddings, biscuits, spreads, crisps, sweets and chocolates.
- Good fats and oils are from fish, cereals, fruit and vegetables
- Do not use oil that was used for frying.

Other

- Packaging affects the price of a product. Do not be misled by an attractive tin or container – in reality you are paying for it.
- Note that products bearing the supermarket's own brand name are sometimes but not always cheaper than the other brands
- Convenience foods, such as ready-prepared meals and breakfast foods and take away foods are more expensive than the same kind of food prepared at home.
- Try to prepare just the right amount of food for each meal – leftovers can be wasteful, but can be eaten as part of a lunch-box the following day or as breakfast. It may also reduce electricity costs if you are cooking only once. Cook extra only if there are suitable storage and fridge facilities.

21. **Why is it important to drink water?**

- Water helps with the digestion and absorption of foods and with the removal of waste products as well as controlling body temperature.
- Drinking too little water can lead to a concentrated urine, reduced sweating, constipation, and water retention.
- Water leaves your body by means of sweat and urine. Therefore, it is important to continually 'fill up' the water in your body throughout the day and after playing sport.
- Water fills the tummy without adding any calories
- Clean, safe water is the cheapest drink there is and is the best choice of beverage for children, so they should drink at least 6 – 8 glasses of water per day.
- The overall fluid requirement for children is at least 2l per day and this comes from the water we drink and the foods and beverages that we choose.

22. **How much clean safe water should children drink?**

Clean water is the cheapest drink there is and is good for you, so children should have at least 6 – 8 glasses of clean, safe water per day. The overall fluid requirement for children is at least 2l per day and this comes from the water we drink and the foods and beverages that we choose.

- They should drink a glass of clean safe water when they brush their teeth in the morning and evening and drink water with meals.
- Give your children a bottle of clean water to take to school if drinking water is not readily available at school.
- Drink water before and after taking part in sports activities.

23. **How safe is South African tap water?**

In South Africa our tap water is generally safe to drink and the South African national standard compares well with the World Health Organisation's (WHO) limits. According to the Blue Drop Report 2009 from the Department of Water Affairs and Forestry there was 93% compliance to the microbiological limits of the national standard. It is however acknowledged that there are areas around the country where the water may at times not meet the required technical standard, hence the need to ensure that the water one drinks is clean and safe. Clean and safe are critically important. It means that the water you drink must come from a trustworthy source. If you are concerned about the safety of your water supply then you should either boil the water and then cool it in a clean container or you should use the bleach method where you add one teaspoon of bleach to 20 litres of water and let it stand for a minimum of 2 hours.

NOTE: If you need to give a statistic on how safe our tap water is, the figure to use is that '90% of our tap water is safe' and this comes from the Department of Water and Environmental Affairs.

24. **What can people who live in areas where there is no safe drinking water do, to ensure they water they drink is safe?**

- Always make sure tap water is safe to drink.
- Water from dams, rivers, fountains and streams is not always safe to drink. Boil this water first before drinking.
- Water can be purified by bringing the water to a rolling boil for 1 minute or by adding bleach to the water. Use regular full-strength bleach containing 5.25 percent sodium hypochlorite (read the label). Do not use scented bleach. Add one teaspoon of bleach to 20 litres of water and let it stand for a minimum of 2 hours
- Use clean containers to store water in
- Store water in closed containers in a cool place
- Store drinking and cooking water in separate containers from water for washing.

25. **What about the safer preparation of meals and lunch boxes?**

- Wash your hands before handling food and often during food preparation and also after going to the toilet or smoking
- Wash and clean all surfaces and equipment used for food preparation
- Protect kitchen areas and food from insects, pests and other animals
- Cooked food should not be placed on the same plate/container that held raw food
- Use separate equipment and utensils such as knives and cutting boards for handling raw foods or clean thoroughly in hot water between preparing different foods
- Store food in containers to avoid contact between raw and prepared foods
- Cook food thoroughly, especially meat, poultry, eggs and seafood
- Bring foods like soups and stews to boiling. For meat and poultry, make sure that juices are clear, not pink, thereby making sure the meat is cooked through
- Reheat cooked food thoroughly until piping hot throughout
- Do not leave cooked food at room temperature for more than 2 hours
- Refrigerate all cooked and perishable food (preferably below 5°C) for a maximum of 5 days. Make sure the food has cooled down before placing in refrigerator.
- Keep cooked food piping hot (more than 60°C) prior to serving
- Do not store food for more than 5 days in the refrigerator
- Do not thaw frozen food at room temperature, rather defrost it in the fridge.
- Use safe water or treat it to make it safe (through boiling or adding bleach – see question 16)
- Select fresh foods
- Choose foods processed for safety, such as pasteurized milk
- Wash fruits and vegetables, especially if eaten raw
- Do not use food beyond its expiry date. Read the label.
- In most cases food is stored in your child's lunch box for several hours, so the lunch box needs to be kept away from sunlight or heat.
- Don't pack perishable foods such as dairy products, eggs and sliced meat in the lunch box if just cooked. Prepare the food the night before but store it in the fridge and pack the lunch box just before your child leaves for school.
- Freeze a little water overnight in a bottle and place in the lunchbox or cooler bag to keep lunch cold.

26. Are children allowed to drink sweetened drinks?

Children may drink sweetened drinks occasionally. One should remember that the average can of sugar-sweetened fizzy drink or fruit nectar provides about 630 kilojoules (150 calories), all coming from sugar. According to the WHO soft drinks that are rich in sugar increase overall energy intake by reducing appetite control. When soft drinks rich in sugar are consumed there is a higher energy intake and a progressive increase in body weight. Children with a high consumption of soft drinks rich in sugar are more likely to be overweight and to gain excess weight (WHO Global Strategy on Diet, Physical Activity and Health, 2003).

Clean, safe water is the best and cheapest drink for children and a glass (200ml) of 100% pure fruit juice can be included towards one of a child's 5 servings of vegetables and fruit. Children should drink between 6 and 8 glasses of clean, safe water a day. The overall fluid requirement for children is at least 2l per day and this comes from the water we drink and the foods and beverages that we choose.

27. Are artificially sweetened drinks a good alternative to sugary sweetened drinks?

Artificially sweetened drinks can be included in the child's diet but should also be kept for the occasional treat. One 200ml glass of 100% pure fruit juice can also be included as one of the child's 5 servings of vegetables and fruit. Clean, safe water is the best and cheapest drink for children and they should have 6 to 8 glasses of clean, safe water every day. The best time to teach children healthy choices and eating patterns is early on in life so start children on clean, safe water early and they will learn to enjoy it and keep other beverages for treats. Remember to that parents are children's best role models and so also should drink between 6 to 8 glasses of clean, safe water a day.

28. Why is it so important for children to be active?

- Obesity among children is becoming a growing problem. About 10% of South African children 7 – 9 years of age are overweight (National Food Consumption Survey 2005) and 37,5% of our youth in grades 8 – 11 do not participate in sufficient physical activities (Youth Risk Behaviour Survey 2002).
- There is also a consistently strong relationship between television viewing and obesity in children. The 2002 Youth Risk Behaviour Survey found that 25% of South African youth in grades 8 - 11 are reported to be watching television for more than 3 hours per day.

Children who are active perform better at school, improve their ability to concentrate, develop good social skills, develop good coordination, manage stress and anxiety, have more stamina and have improved self-esteem. They also are more likely to be active adults.

- Children who are active perform better at school, improve their ability to concentrate, develop good social skills, develop good coordination, manage stress and anxiety, have more stamina and have improved self-esteem. They are also more likely to be active adults.

29. How active should children be?

According to the WHO, children should get at least 30 minutes of physical exercise per day, every day of the week. Ideally they should increase being physically active to at least 60 minutes per day. Activity is for instance playing ball during break and after school, participating in sport, dancing, cycling, walking or going for a jog.

30. What can parents do to ensure children become more active?

- Be a good role model – be active yourself
- Limit the hours of watching TV or playing video games to no more than 1-2 hours per day
- Encourage them to join a sport club or participate in sport activities at school
- Plan family events that are active such as going for walks in the evening on a hike or playing games such as family soccer or cricket
- Let them walk to school or shops if it is nearby and safe or participate in activities such as cycling, dancing, swimming or jumping rope
- Choose gifts that encourage them to be active such as frisbees, balls, cricket bats and other outdoor equipment

31. What are the Department of Health and Department of Education doing about 'Healthy eating for Children"?

- **Promoting a healthy lifestyle, including healthy eating is one of the key strategic priorities of the Departments of Health and Education** . The Department of health launched the "Move for Health Campaign" in May 2005 at Alexander Township. The main objective of the campaign is to promote physical activity and healthy behaviours.

- **A draft implementation strategy on obesity, physical activity and health** was developed in 2008. This is in line with the resolutions taken in the WHO Global Strategy on diet, physical activity and health that urges member states to develop strategies and action plans around healthy diets, physical activity and chronic diseases of lifestyle.

- To address responsible marketing of foodstuffs to children, **" Draft Regulations relating to the labelling and advertising of foodstuffs"** have been published for public comments and the final regulations will be published soon.

- **Messages that encourage healthy dietary practices and physical activity are promoted**, through media and every other opportunity where there is interaction with the community. In the past few years, the Directorate: Nutrition has supported several healthy lifestyle campaigns within and outside the department by doing screenings (BMI, weights and heights) and providing nutritional counselling.

- **The Department has also been engaging with Quick service Restaurants (QSRs)** commonly known as fast food outlets. There has been an increase in marketing and provision of healthy meal options to consumers at these outlets. Some QSRs provide consumers with nutrition information of meals to help them make informed choices when ordering meals.

The Department of Education (NSNP)

- **Promoting healthy lunch boxes**

- **Addressing school tuck shops and vendors**

- **Providing nutritious meals to quintile 1-3 primary schools and quintile 1 secondary schools.**

Promoting healthy eating requires an intersectoral approach. It is for this reason that the Department of Health is hosting National Nutrition Week in collaboration with the Department of Education, the Food Industry as represented by the Consumer Goods Council, ADSA, the Nutrition Society, NGOs, UNICEF and Nutrition Academics.

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