

Proposal for the Promotion of Food Education for Children :Based on the Study of the Food in Schools Programme and Healthier Cookery Clubs in England

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Abstract

Activities of the Food in Schools Programme in England and Healthier Cookery Clubs, the cookery sector of the Programme, were examined to make suggestions for the promotion of nutrition education for children focusing on cooking in Japan. The Food in Schools Programme which is promoted jointly by the Department of Health and the Department for Education & Skills and the Programme developed coursework-related models to promote cross-sectional learning with a focus on participatory learning for children in the low and middle grades. The "5 A DAY" program is used in the guidance for the Healthier Cookery Clubs. Based on this study's findings, I propose to improve the concreteness and integrity of the support system and to promote education based on an intensive main learning program for the promotion of nutrition education in Japan.

Key words: Nutrition Education, Children, England Cookery clubs