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DOCUMENT FOUR

Healthy
Nutrition:

An Essential
Element of a
Health-
Promoting
School



World Health Organization
Geneva, 1998

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Healthy Nutrition: An Essential Element of a Health-Promoting School

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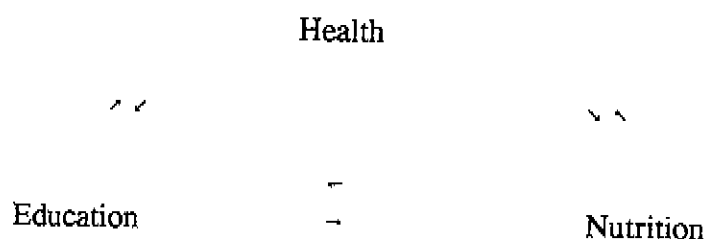
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FOREWORD

Investments in schools are intended to yield benefits to communities, nations and individuals. Such benefits include improved social and economic development, increased productivity and enhanced quality of life. In many parts of the world, such investments are not achieving their full potential, despite increased enrolments and hard work by committed teachers and administrators. This document describes how educational investments can be enhanced, by increasing the capacity of schools to promote health *as they do learning*.

Education and food are fundamental conditions for health, as recognized by the Ottawa Charter for Health Promotion (Annex 9). For better or worse, health, education and nutrition influence each other. For instance, healthy nutrition improves educational potential, and educated people are healthier. Unhealthy nutrition or infections can lead to diseases of malnutrition which in turn reduce the educational potential. Thus, nutrition must be an **essential** element of a Health-Promoting School in order to increase the health and learning potential of students, families and other community members.



This document is part of a technical series on school health promotion prepared for WHO's Global School Health Initiative. WHO's Global School Health Initiative is a concerted effort by international organizations to help schools improve the health of students, staff, parents and community members. Education and health agencies are encouraged to use this document to strengthen nutrition interventions as part of the Global School Health Initiative's goal: to help all schools become Health-Promoting Schools.

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