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REGIONAL POLICY FORUM

From Farms to Schools:
Towards Sustainable and Inclusive School-Based
Food and Nutrition Programs in Southeast Asia

Crimson Hotel, Alabang, Muntinlupa City, Philippines
24-25 April 2023



Securing a Nutrition-Conscious Young Generation through School-Based Interventions: The SEAMEO RECFON Nutrition Goes to School Program Experiences

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SEAMEO RECFON

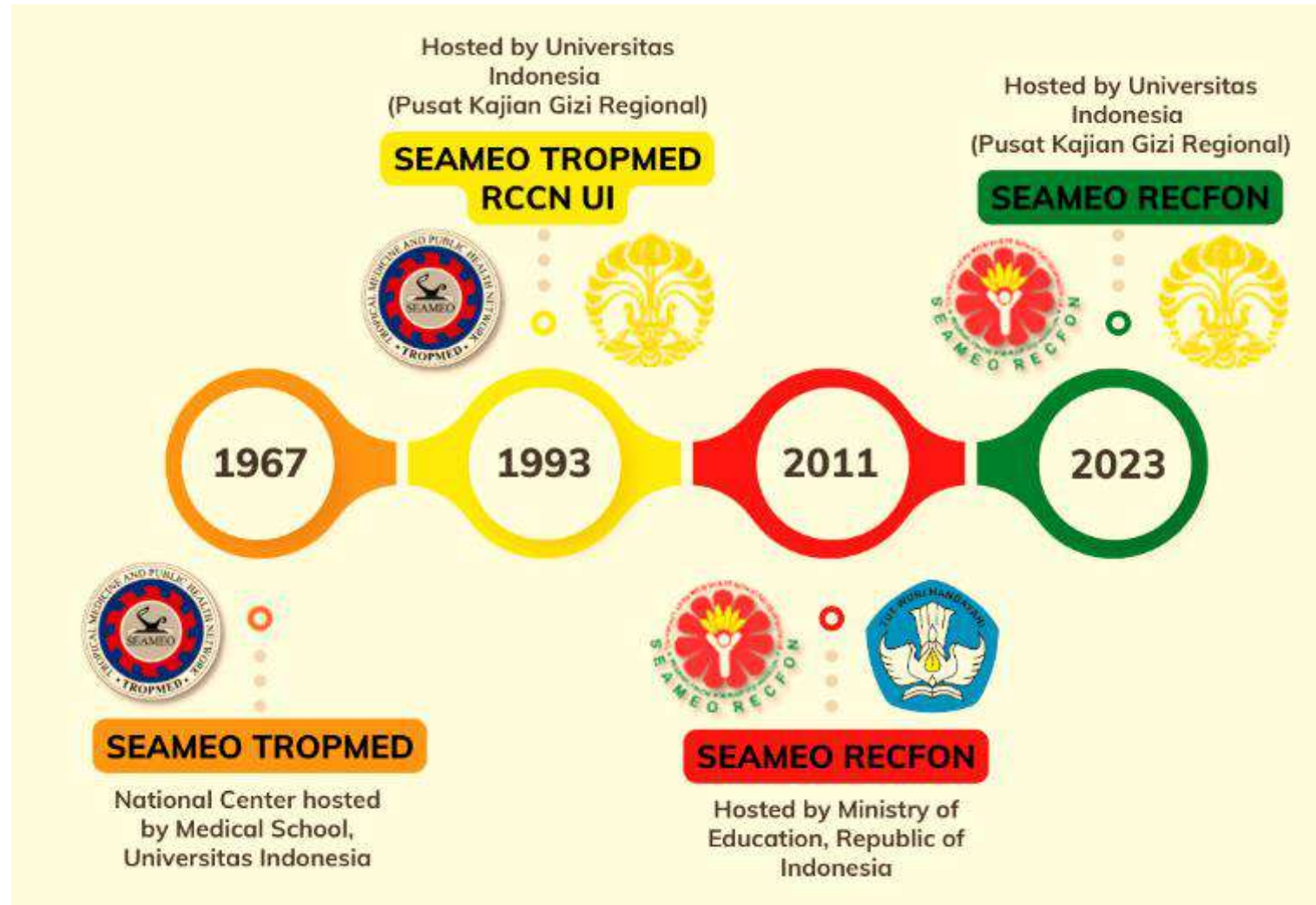
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SEAMEO RECFON History



SEAMEO RECFON Vision, Mission & Values



Vision

A Centre of Excellence for building capabilities in food and nutrition for all in Southeast Asia



Mission

To provide food and nutrition development options for better quality of life for the peoples of Southeast Asia



Values

Integrity
Respect
Empowerment
and Excellence
Commitment
Fortitude
Optimism
Nutrition for All

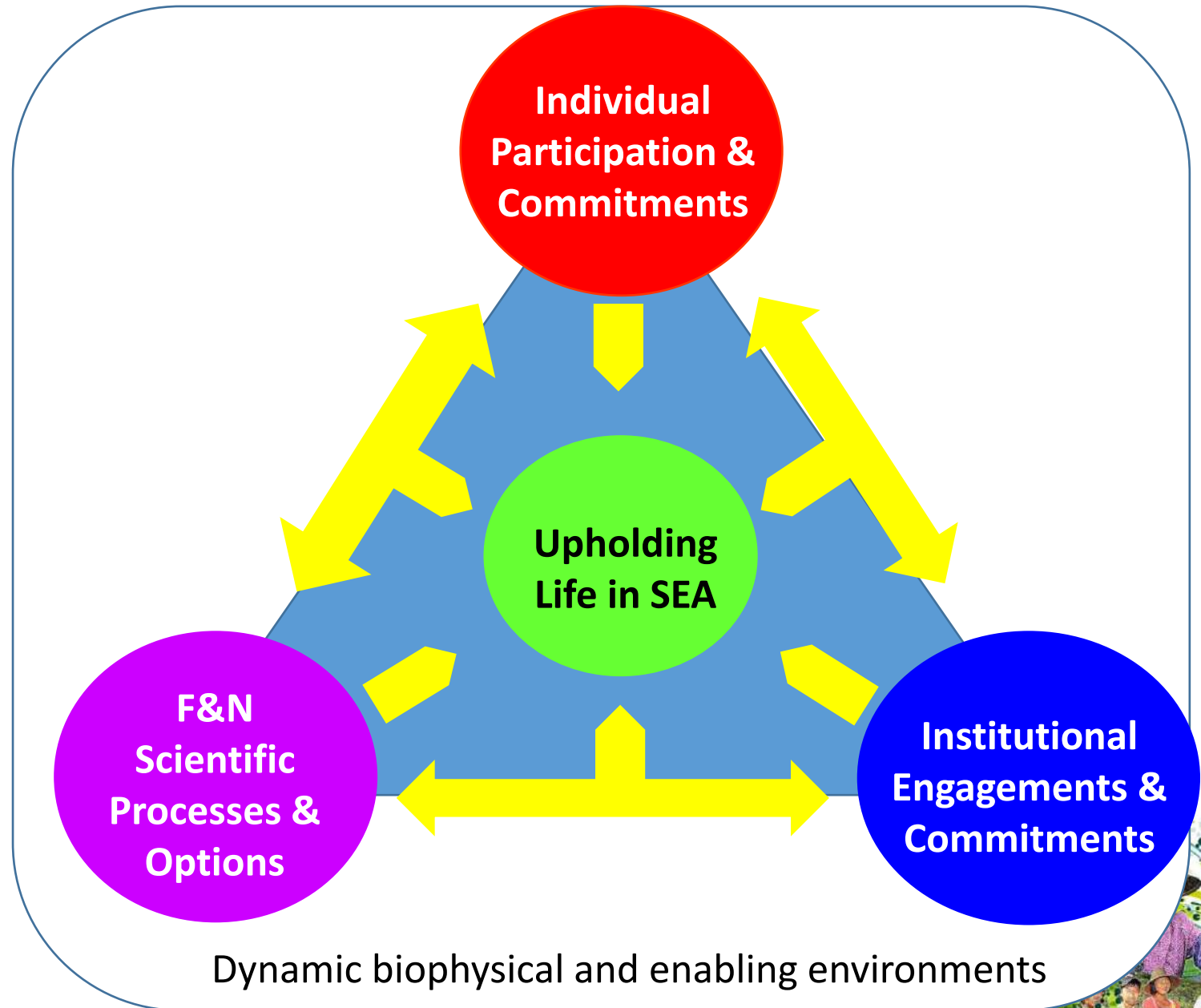


SEAMEO RECFON Mandates

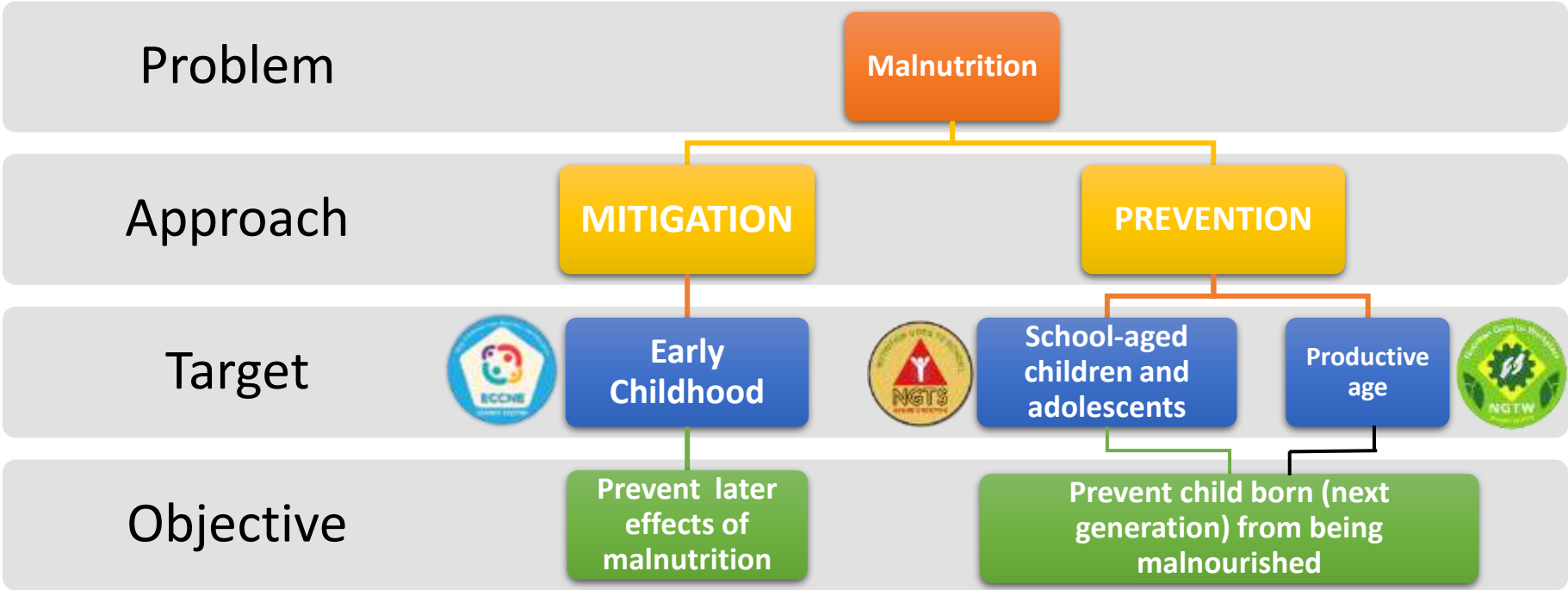


RECFON's 3rd FYDP Framework: **MINDful** in Southeast Asia

Multi-sectoral and
Inclusive
Nutrition
Development
for
Upholding
Life



SEAMEO RECFON's Approach to Combat Malnutrition in SEA Countries



SEAMEO RECFON's Food and Nutrition Flagship Programs throughout the Life Cycle



**Pre-natal to 5
years old**



**6-17 years
old**



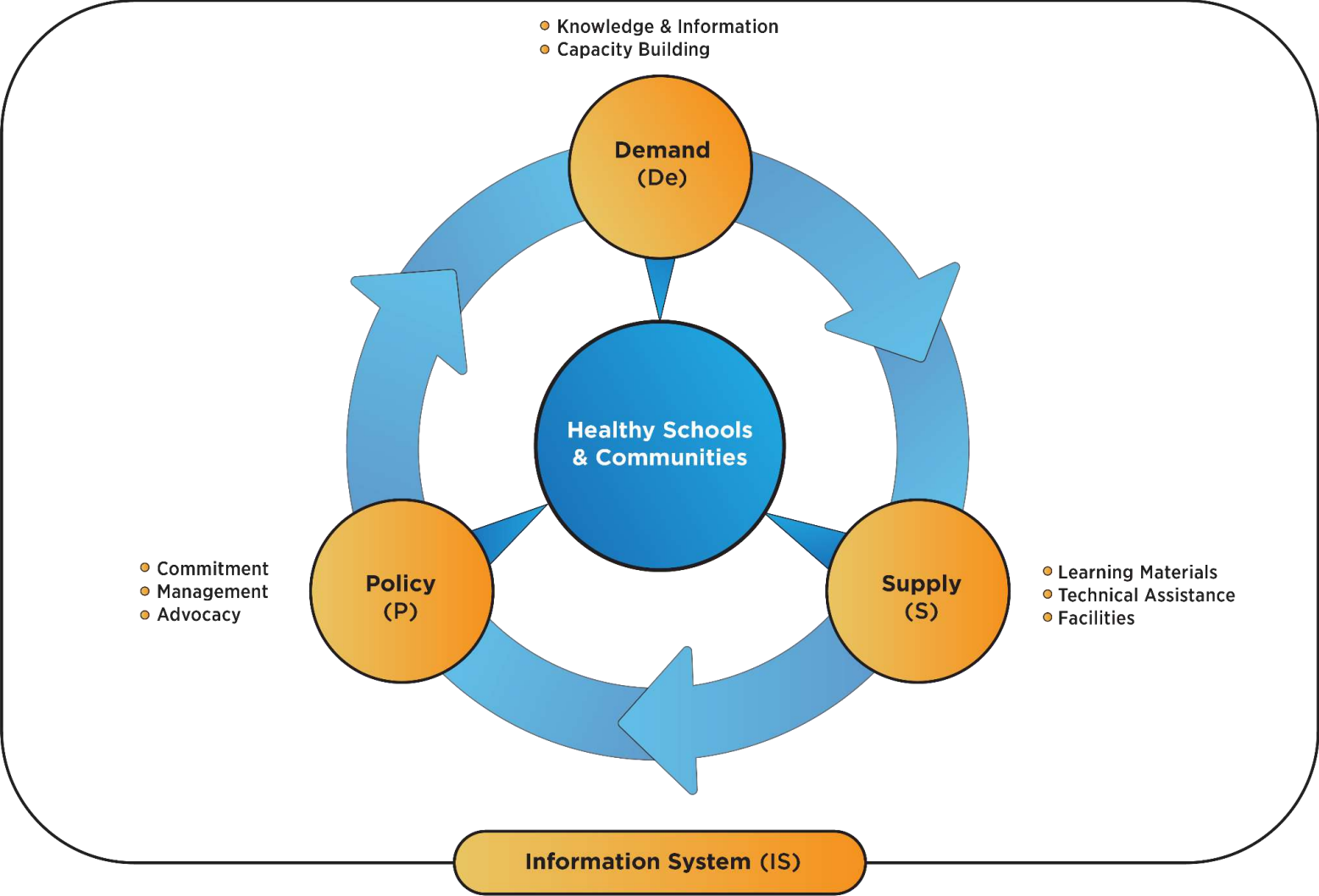
**Above 18-
years old**

Supported by Food-based Approaches

**In the contexts of SDG 2, 3, 4, 6 and 17, Industrial
Revolution 4.0 & Society 5.0**



SEAMEO RECFON's Program Implementation Framework



Communication Platform for Sharing & Monitoring of Lesson Learned



SEAMEO RECFON's Program Implementation Phases

Initiation Phase



- Partnership Establishment
- Stakeholders Meeting
- Capacity Building
- Action Plan Development

Strengthening



- Action Plan Implementation
- Continuous Technical Assistance
- Refresher Courses
- Monitoring & Evaluation of Progress
- Documentation & Sharing of Best Practices
- Policy Formulation & Implementation

Institutionalization



- Program Impact Assessment
- Official Recognition of Implementing Partners
- Continuous Promotion and Advocacy
- Scaling Up



Nutrition Goes to School (NGTS) Program



Framework

Description:

- A school-based multisectoral program emphasizing the role of schools as effective media for character building education that is centered toward good nutritional practices both in school and at home

Goal:

- Develop AWESOME students (Active, Well nourished, Smart Of ME)

Current Educational Levels Covered:

- Primary schools
- Secondary schools
- Vocational schools
- Madrasah schools

Expansion of Coverage during 3rd FYDP:

- Special Education schools
- Boarding schools



NGTS Program Components & Activities

Nutrition Specific

- Generation and implementation of food-based recommendations for school children and adolescents from locally available nutrient-dense food sources **(DE, S)**
- Breakfast and Iron Folic Acid (IFA) supplementation promotion for female adolescents **(DE, S)**

Nutrition Sensitive

- School Readiness Mapping **(IS)**
- Learning Module Development **(DE)**
- ToT for Teachers on Nutrition, WASH and Physical Education (online/offline) **(DE)**
- Establishment of School Garden **(S)**
- Establishment of Healthy School Canteen **(S)**
- Advocacy/dialogue with local government units to mainstream NGTS **(P)**
- School-based Nutrition Promotion Working Group Formation and Functioning **(DE, S, P, IS)**
- Promotion of NGTS Best Practices **(S, P)**
- Monitoring and Evaluation **(S, IS)**



NGTS Program Sites

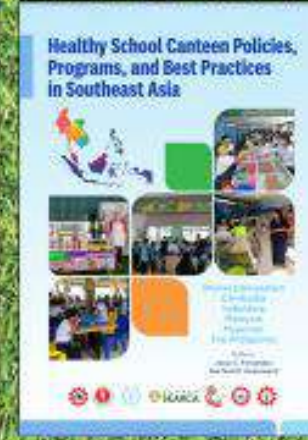


NGTS Training Course Sessions

1. Overview of NGTS Program
2. General Concepts and Principles of Balanced Nutrition/ Adolescent Nutrition
3. Anthropometric Measurement
4. National Nutrition Guidelines
5. Hygiene and Sanitation
6. Healthy School Canteen
7. **School Garden for Nutrition Literacy**
8. Nutrition in Entrepreneurship
9. School-Based Management of Nutrition and Health Programs
10. Micro Teaching
11. Management of NGTS Program Implementation
12. Action Plan Formulation



NGTS Related Publication



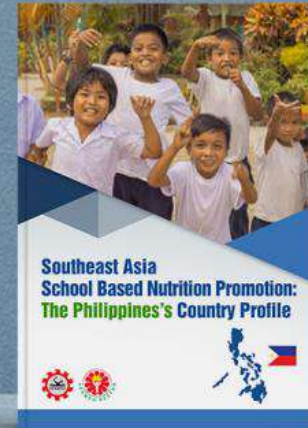
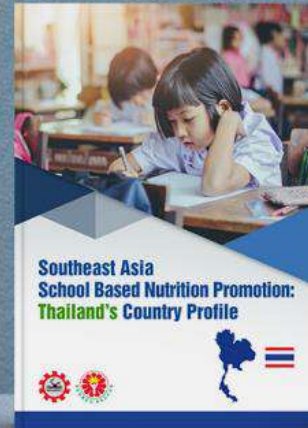
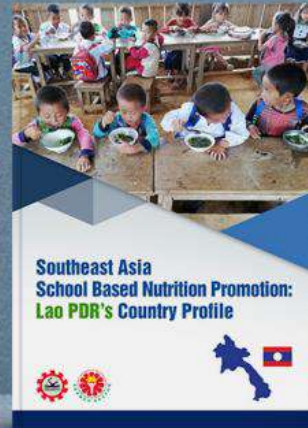
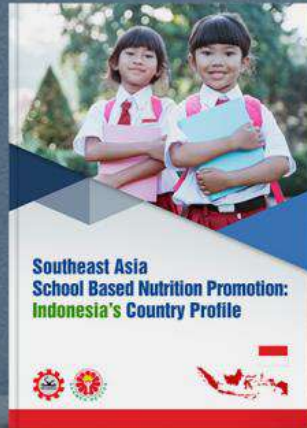
Available at <http://www.seameo-recfon.org/publications/>



NGTS Program Publications

Available at <http://www.seameo-recfon.org/publications/>

“ Southeast Asia School-Based Nutrition Promotion Country Profiles ”



... as reference materials for schools in Southeast Asia to learn and improve the implementation of their school-based nutrition programs and activities.



NGTS Program Publications

Available at <http://www.seameo-recfon.org/publications/>



NGTS Program Supports Indonesia's School Health Program (Upaya Kesehatan Sekolah/UKS)



Healthy School Environment



Health Education

Health Services



UKS Programs and Components

Health Education

- Health Literacy
- **Hygiene Behavior Change**
- **Nutrition Education**
- **Physical Activities**
- Health Agent Coaching

Healthy School Environment

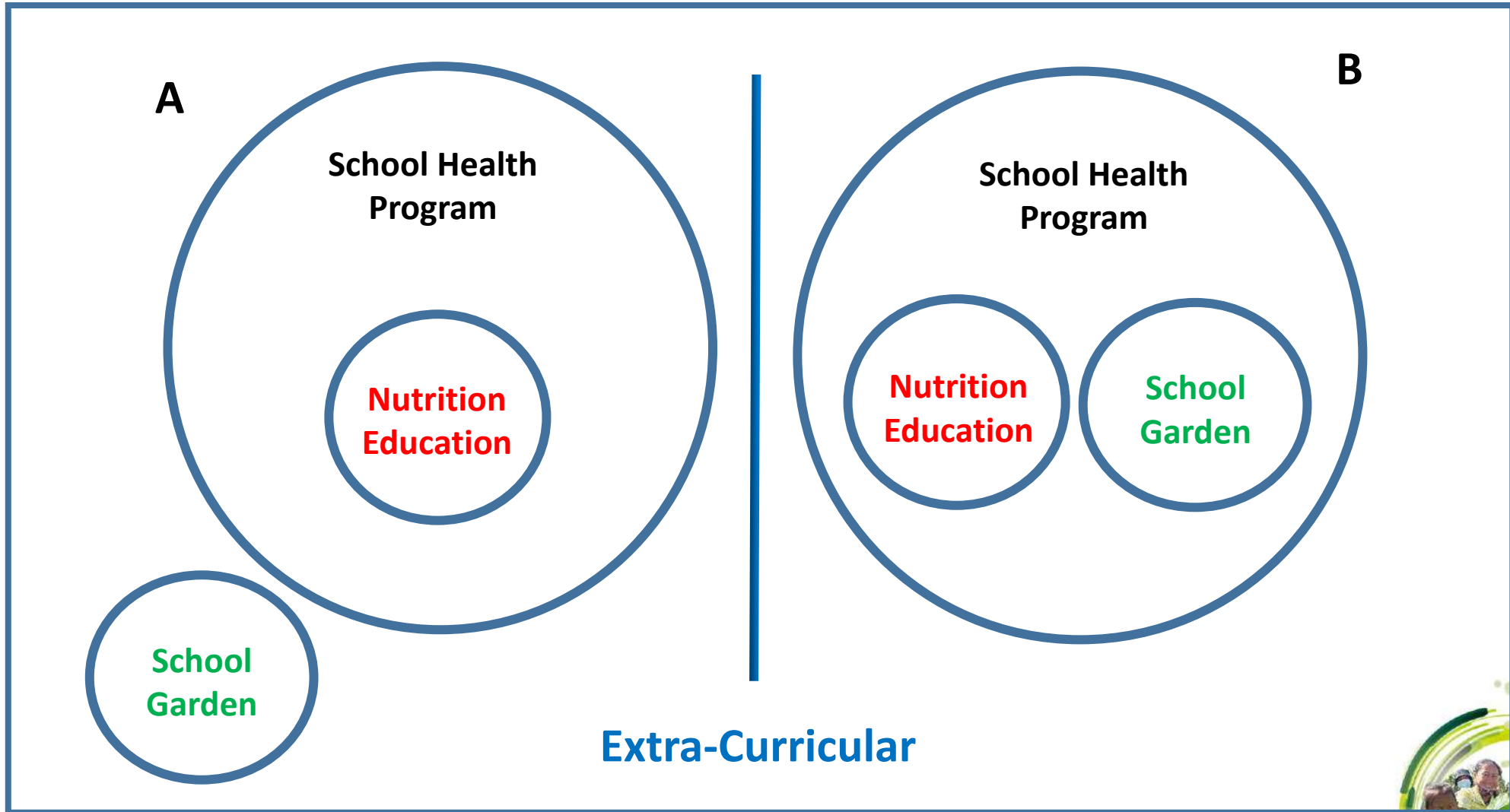
- **Water, Sanitation & Hygiene**
- **Healthy School Canteen**
- **Green School**
- Waste Management
- Safe and Inclusive School Environment

Health Services

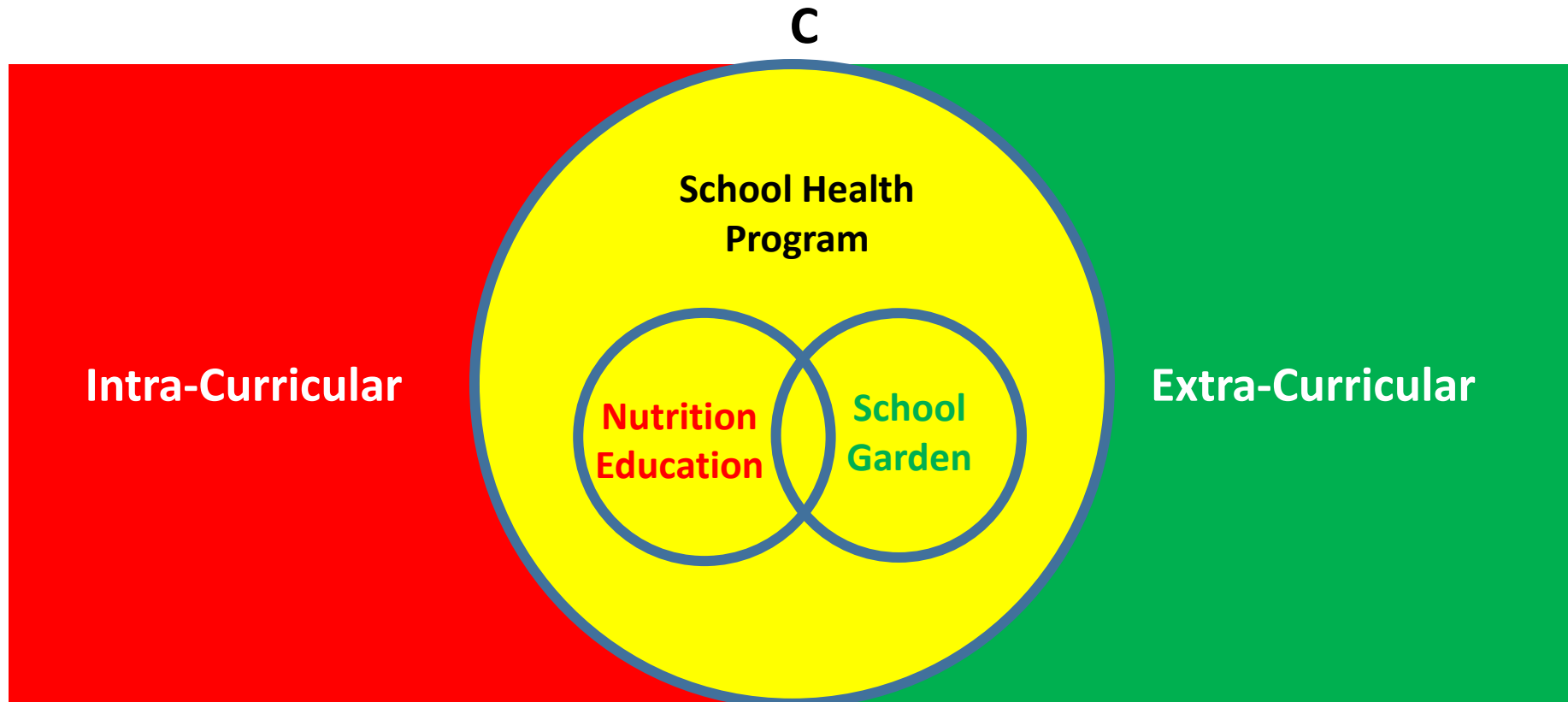
- Health Screening (Anthropometric Measurement)
- Medical/Dental Check-Up
- Immunization
- First Aid
- Facilities and Human Resources



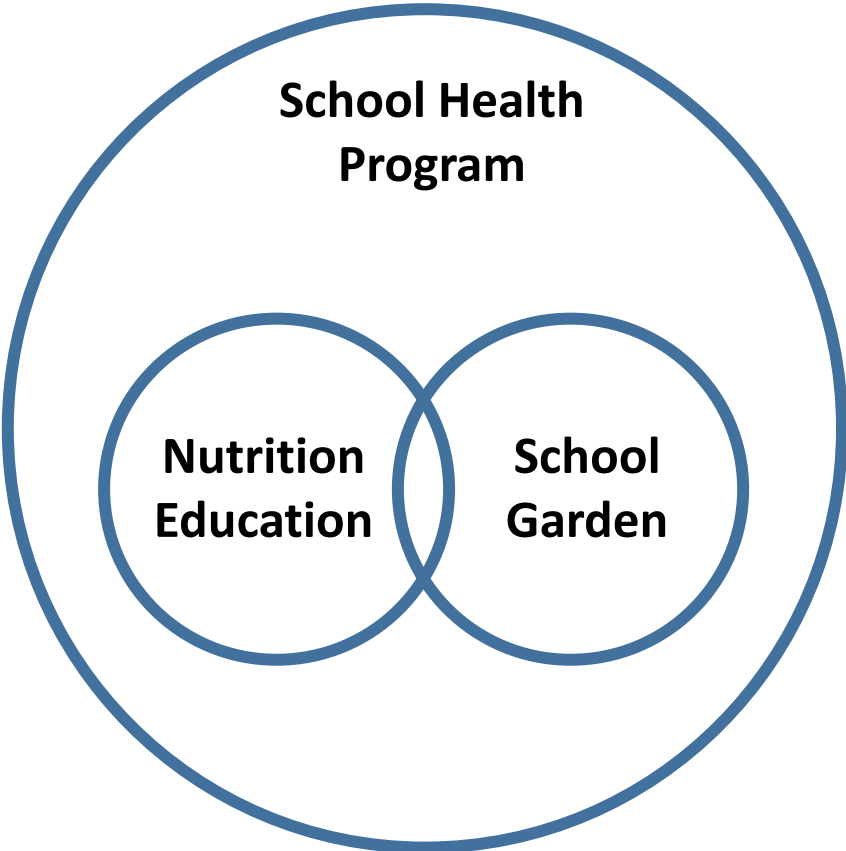
Nutrition Education & School Garden Nexus



Nutrition Education & School Garden Nexus



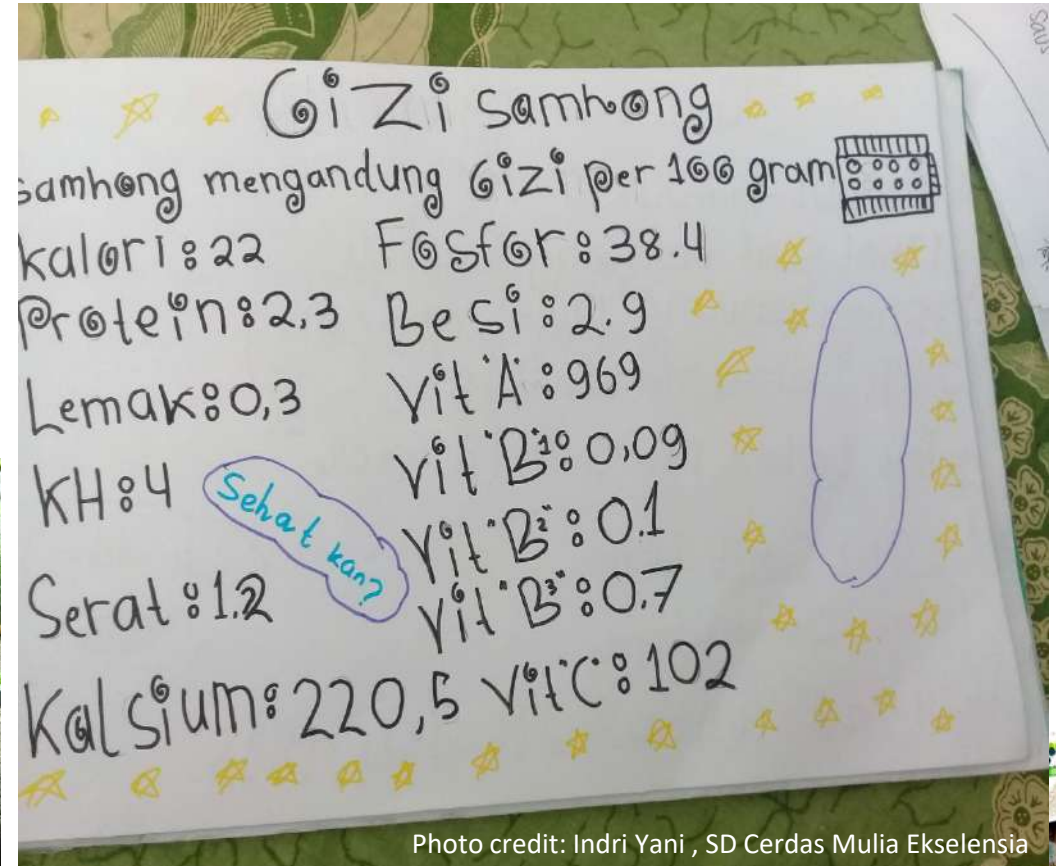
How does a school garden work for students' nutrition education under NGTS Program?



- Enabling students to understand how plants as food source are produced and harvested



Enabling students to become familiar with the plants and know the nutrients they contain



- Enabling students to learn how school garden harvests can be cooked, processed, and eaten as healthy food



Photo credit: Indri Yani , SD Cerdas Mulia Ekselensia



Photo credit: Indri Yani , SD Cerdas Mulia Ekselensia



Photo credit: Seityo



Incorporating nutrition concepts in classroom subjects using school garden harvests and enabling students to appreciate them



Photo Credit: Cici Handayani, SD Suralaya Tasikmalaya



Developing entrepreneurial and advocacy skills of students to promote vegetable consumption



Compilation
of Nutrition
Education
Lesson Plans
Using School
Garden
(www.seameo-recfon.org)



NUTRITION EDUCATION LESSON PLANS FOR PRIMARY SCHOOL	31
Lesson Plan 1: Have Fun with Drawing Fruits and Vegetables	31
Lesson Plan 2: Green Vegetables in My School Garden	35
Lesson Plan 3: My School Garden Plant Cards	38
Lesson Plan 4: Math in Gardening	41
Lesson Plan 5: Let's Plant!	44
Lesson Plan 6: Fun Cooking Spinach Omelet	47
Lesson Plan 7: Beauty and Benefit of My Garden	50
Lesson Plan 8: The Vegetable is My Friend	56
Lesson Plan 9: Get to Know Me	62
NUTRITION EDUCATION LESSON PLANS FOR JUNIOR HIGH SCHOOL	67
Lesson Plan 10: Let's Play Quartet	67
Lesson Plan 11: Fainted? No Way!	72
Lesson Plan 12: Let's Get to Know Vegetables and Fruits from Other Countries	77
Lesson Plan 13: Time-lapse of Vegetable Growth	80
Lesson Plan 14: Food Rainbow	84



Common Challenges & Possible Solutions in Maintaining School Garden for Nutrition Education

Common Challenges

- Limited space/unfertile soil
- Limited gardening knowledge of teachers
- Difficulty in fully integrating nutrition education through school garden in intra- and extra-curricular activities

Possible Solutions

- Adopt vertical, rooftop, and pot gardening techniques and layered hydroponics; make and apply compost
- Attend workshops, search the internet, seek help of local farmers/practitioners; resort to peer learning
- Search the internet for guidebooks, brainstorm among colleagues, join discussion groups



Common Challenges & Possible Solutions in Maintaining School Garden for Nutrition Education

Common Challenges

- Limited involvement of students in school gardening activities
- Limited funding
- Uncertain weather conditions/
under emergency situation

Possible Solutions

- Implement clear school policies and incentivize students' involvement in maintaining the school garden
- Seek support from local government, community, parents & alumni associations, agricultural companies
- Schedule learning activities according to season; bring gardening concepts at home



Take Home Messages

- A school garden is a potent educational tool to enhance students' knowledge and behavior about food and nutrition toward improving their overall well-being
- A school garden must be properly integrated into the school curriculum, both in intra- and extra-curricular activities
- School garden activities must be based on the current contexts of the school and must foster a mindset of exploration among students
- Initially introduce plants that are locally available in the area and are common in the school canteen and students' homes to gain acceptance
- Connect nutrition lessons in the classroom with the plants/food sources that are found in the school garden
- School management must extend administrative support & search for funding to sustain the school garden for classroom learning; involve the students too in maintaining it





Thank you!

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