

# **Project Report**

**FSSAI**

**Safe and Nutritious Food at School**

**(SNF@School)**



**Conducted by**

**SNF Fellows**

**of**

**Department of Food Technology**

**Bhaskaracharya College of Applied Sciences  
(University of Delhi)**

## **Objective**

Healthy children grow up to be healthy adults. Imparting nutrition education at school can play an important role in bringing about a behavioral change and a culture of safe, wholesome and nutritious consumption of foods. It is also said that healthy eating habits cultivated early in life have a positive influence on the person's wellbeing. This is the underlying philosophy behind the SNF@SCHOOL initiative of FSSAI, which is designed to deliver and reinforce the message of safe and nutritious food through both curricular and co-curricular activities, and ensure an enabling legislative and regulatory framework to promote safe and wholesome food in both government and private schools across the country.

## **Methodology**

The Department of Food Technology of Bhaskaracharya College of Applied Sciences, University of Delhi, collaborated with FSSAI and PepsiCo Pvt India Ltd as a knowledge Dissemination Partner and executed the SNF@ School program in schools of Delhi/NCR. The outreach activity was conducted in randomly selected **ninety-seven** schools including private and government, by **twenty-one** SNF fellows of I and II years B.Sc. (H) Food Technology respectively. The focus of the outreach program were scholars from ages 6-14 years, which included students from class II to class VIII. The SNF activity at school started with the formation of health and wellness coordinator (HWC) followed by registration of school at SNF portal of FSSAI website. The mode of communication was bilingual using power point presentations, video clips, games, props, posters and models. The focus was on eating a well-balanced diet with special focus on foods rich in iron. Each student (Figure 1.0) as well as the class teacher (for classroom) was provided with a poster and activity calendar to reinforce the message of consuming safe, wholesome and nutritious foods both in school as well as at home. A pre and post assessment of Knowledge Aptitude and Practices (KAP) was done on a selected sample of students before and after imparting nutrition education to understand the nutrition transition.



**Fig:1 School children with calendars**

### **Outcome**

The SNF @ school program commenced from 15th January 2019 and was successfully completed by 15th April 2019 covering **97 schools** with a total strength of **66,786 students**.

The transition in nutritional information before and after the implementation of the iron education program was assessed by KAP questionnaire. This was administered to about **3028** students from II to VII standards. Overall, **3028** students participated at baseline and **2991** students at the end. The number of students who were common in both pre and post test questionnaire was **2991**. The feedback was also taken from the teachers about this activity and a total of **540** were retained from different schools. The data of pre and post KAP analysis is given in Figure 3.1 & 3.2. An incremental trend in positive responses was observed in the post KAP assessment of the students and a negative or decreasing trend in wrong responses was observed which was very heartening to note.

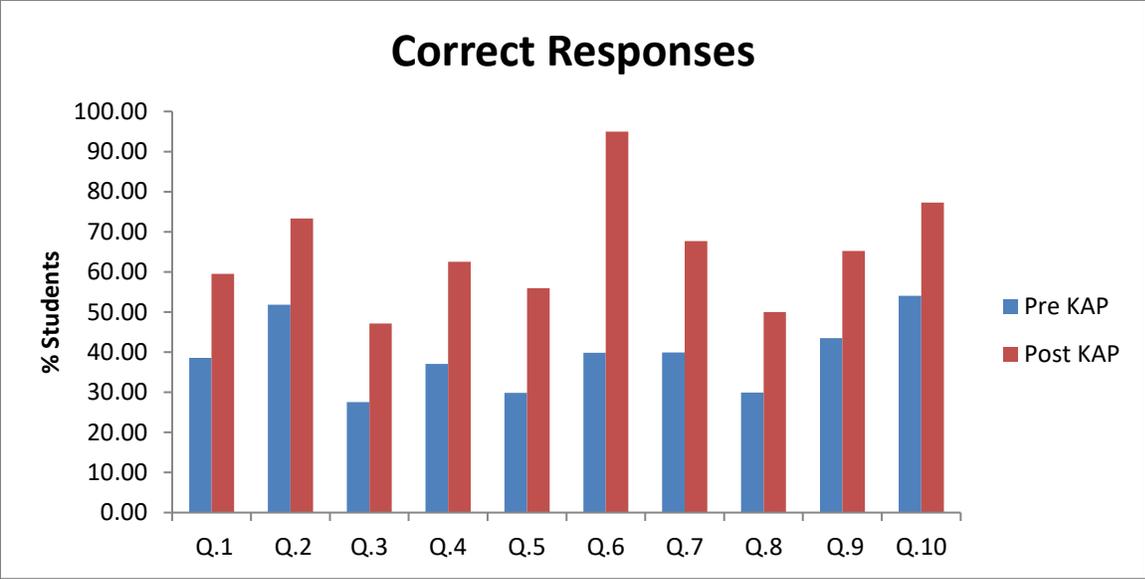


Fig. 3.1: Pre and Post KAP assessment of correct responses

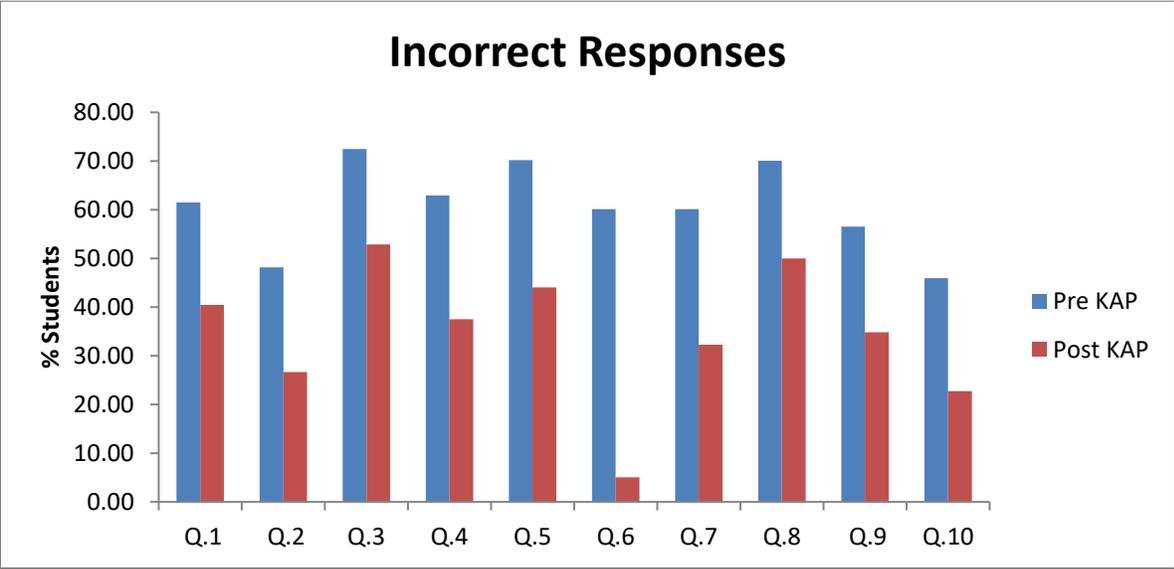


Fig.3.2: Pre and Post KAP assessment of incorrect responses

**Conclusion**

The above data clearly shows a definite increase in the Knowledge Aptitude and Practices of the young scholars after the nutritional intervention. The impact of nutrition education specifically

Iron education was evident from the significant decrease in the incorrect responses in the post KAP assessment. The schoolteachers also gave a positive feedback of the outreach activity and ascertained its need and relevance in the schools. Thus, it can be concluded that the SNF @ School program serves as a power medium of imparting nutrition education amongst school children and if implemented in all schools could be instrumental in ushering a robust culture of nutritional health and wellbeing in the country.