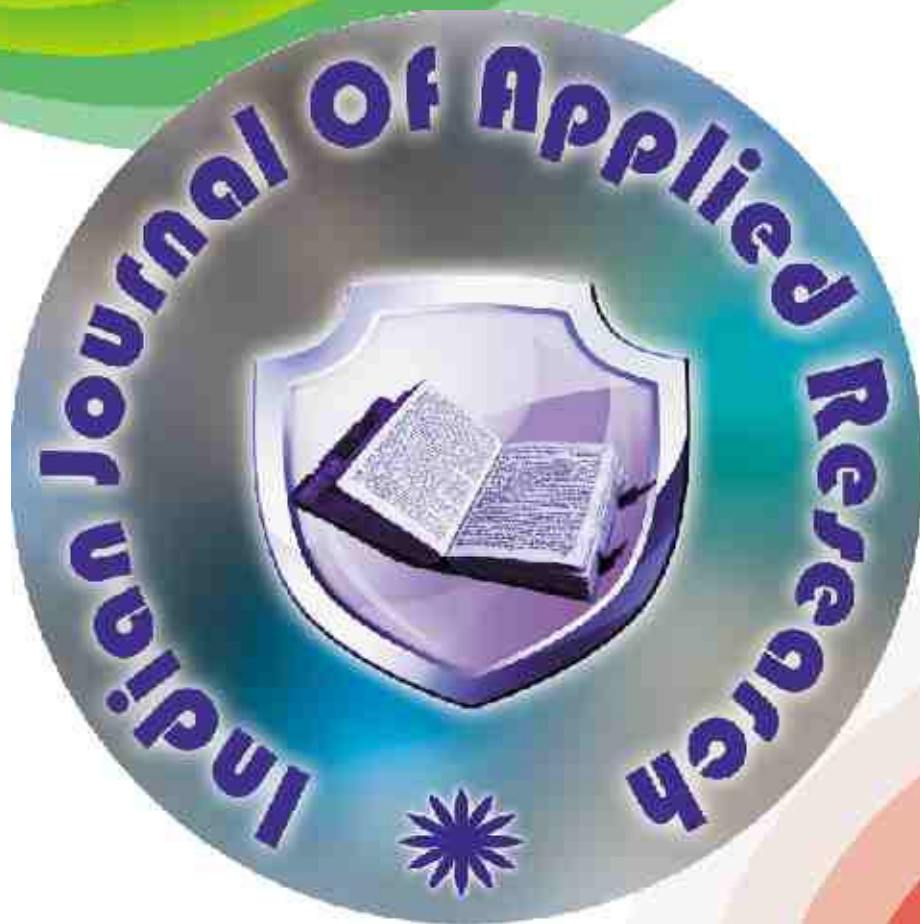


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## Knowledge On Food Security Education Among Higher Secondary Students

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### ABSTRACT

*Food security means when all people, at all times, have physical and economic access to enough safe and nutritious food to meet their dietary needs and food preferences for an active and healthy lifestyle. Food security education has a special role to play in education, health and wellbeing of the school's students. Consuming nutritious food and adopting a healthy life style assist students to grow and develop to their optimum potential leading to improved educational outcomes. In 1960, the United Nations Food and Agriculture Organization (FAO) launched the International Freedom from Hunger Campaign which mobilized government and non-government support. The goal was to end hunger by enabling people to grow enough to feed themselves, rather than through reliance on food aid. Teaching of school health education is an important component in the school curriculum. Particularly, Health education should be a part of the entire school education system. The health education curriculum: young students may start their health habit since the baby hand stage. But they usually obtain the systematic medicine and health knowledge in school. Food safety and food handling requirements cover personal hygiene practices, food preparation practices, food storage and cleaning procedures. The personal hygiene practices include: Washing and drying hands before handling food and again frequently during work, etc. The food preparation practices include ensuring that food is handled by either a gloved hand or by utensils, etc. The food storage involves ensuring that cold food is stored below 5C and In Cleaniness, Ensuring that there is a display of schedules outlining how the premises are cleaned are considered on health awareness on food security education among students studying at secondary level.*

**Keywords : Education, Higher Secondary Students.**

### Introduction

Education is the process by which the human beings develop the knowledge of food security. Food is the chief of essential materials which the body needs for its well being. These essential materials are called nutrients. Food is indispensable for health at all stages of life and for satisfactory growth. In order to obtain adequate amounts of each of the different nutrients, the daily diet should include appropriate quantities of variety of different foodstuff.

Food security implies the responsibilities undertaken by the people to protect the food materials for getting adequate nutrition to have healthy life. It must be taught in school, because school is the miniature of the Society and it is the best element for understanding how the food is unsecured. It creates knowledge about importance of soil quality, water availability, food crops affected by drought, temperature, frost, climate change, chemical fertilizers, etc., Therefore in promoting food security education the world community gets lots of benefits like healthy generations, soil fertility is maintained, usage of pesticides and artificial fertilizers are reduced. Apart from this, the students will be more eager to learn about food security, because the health of their body is one of the victim affected by the unsecured food.

### Food Security Education-Meanin

Food security means when all people, at all times, have physical and economic access to enough safe and nutritious food to meet their dietary needs and food

preferences for an active and healthy lifestyle.

### Significance Of Food Security Education

1. Food security education has a special role to play in education, health and wellbeing of the school's students.
2. Consuming nutritious food and adopting a healthy life style assist students to grow and develop to their optimum potential leading to improve educational outcomes.
3. Preventing nutrition-related conditions and diseases such as overweight, obesity and dental disease, and, in later life, osteoporosis, cardiovascular disease, diabetes mellitus (type 2) and a range of cancers.
4. Creating knowledge about the intake of unsecured food.
5. Giving awareness about the adulteration of food materials.
6. Giving more importance to the responsibilities undertaken by the people to protect the food materials for getting adequate nutrition to have healthy life.
7. Young students are in the life preparation time, food security education work, may help them to accept systematic health education since childhood. It will be very helpful for young people to establish a healthy life style, strengthen the self-health care consciousness and ability, prevent common disease, frequently-occurring disease, and even adult sickness. School food security education builds the good foundation for their life and the effect is lifelong.



### Origin And Development Of Food Security Education

The concept of food security has gone through various transformations over the last several decades.

In 1948, the Universal Declaration on Human Rights recognized the right to food as a core element of an adequate standard of living.

In 1960, the United Nations Food and Agriculture Organization (FAO) launched the International Freedom from Hunger Campaign which mobilized government and non-government support. The goal was to end hunger by enabling people to grow enough to feed themselves, rather than through reliance on food aid.

In 1974, the United Nations World Food Conference in Rome recommended the adoption of an International Undertaking on World Food Security at the World Food Conference. Governments examined the global problem of food production and consumption, and solemnly proclaimed that "Every man, woman and child has the inalienable right to be free from hunger and malnutrition in order to develop their physical and mental faculties".

In the 1980s-1990s the paradigm shifted as policy makers began to explore individual and household food security from a national perspective. It was gradually accepted that food availability alone does not provide food security. A combination of factors including groundbreaking publications, a deterioration of living standards in the Third World, and severe famine in Africa helped usher in the paradigm change.

The 1984-85 famines in Africa also had a profound impact on food security theory and practice, which led to a "livelihoods perspective". The famines in Africa revealed people intentionally suffering from hunger rather than losing their assets. People assess their risk and have to take into account short-term and long-term survival.

In 1996, the FAO hosted 186 Heads of State or Government and other high officials at World Food Summit in November to discuss and combat world hunger. This summit was important for the adoption of a rights-based approach to food security.

In 1994, the FAO launched the Special Programme for Food Security (SPFS), targeting low-income food-deficit countries (LIFDCs) to increase food production in order reach a goal of halving the number of hungry in the world by 2015.

In 2000, at the United Nations Millennium Summit, world leaders agreed to a set of time-bound and measurable goals and targets for combating poverty, hunger, disease, illiteracy, environmental degradation, and discrimination against women. These goals and targets became known as the Millennium Development Goals. In the last two decades we have seen major changes in the food security paradigm, benefiting from lessons learned and unfortunately, continual man-made and natural disasters.

### Role Of Teachers In Food Security Education And Health Education

Teaching of school health education is an important component in the school curriculum. Particularly, Health education should be a part of the entire school education system. The health education curriculum: young students may start their health habit since the baby hand stage. But they usually obtain the systematic medicine and health knowledge in school. So the school health education curriculum should be the main way for students to obtain this kind of knowledge. There is a huge difference in receptivity and thinking mode among the young students of different ages. So the goal, content, teaching style and materials of health education curriculum should be accordant of the characteristics of different age sections. Because, our work is to help student to be active learning and not passive learning. Strategies to involve them include:

- Educating students as part of the Health and

Physical Education key learning area.

- Educating and informing parents through articles in the school newsletter, announcements at school assemblies and community activities.
- Involving parents and students to seek ideas for menu items.
- Advertising canteen prices on notice boards and sending price lists home to families.
- Engaging the school council/principal/teachers to commit to supporting healthy eating and a healthy school environment.
- Encouraging parents to support the school canteen by volunteering their services.

### Techniques To Protect Food Materials

School food services are regarded as Class II food premises. Class II food premises must prepare a food safety program based on a template obtained from the Department of Human Services. Food safety program, a food safety supervisor is also required for all premises and prepare or serve food. The food safety supervisor must have the appropriate level of training, skills and knowledge to ensure that all regulations are followed and that anyone handling food has the appropriate level of training.

Food safety and food handling requirements cover personal hygiene practices, food preparation practices, food storage and cleaning procedures.

Personal hygiene practices include:

- Washing and drying hands before handling food and again frequently during work
- Not smoking near food
- Not going to work when sick (with a gastric disorder or contagious disease)
- Using a handkerchief or tissue when coughing or sneezing.

Food preparation practices include

- Ensuring that food is handled by either a gloved hand or by utensils
- Ensuring that benches are clean
- Ensuring that there are suitable areas for food preparation (animals are forbidden in these areas)
- Avoiding cross-contamination of cooked and raw foods. Hands or utensils that have been used to prepare raw food must be washed properly before they are used to prepare ready-to-eat or cooked foods.

Food storage involves:

- Ensuring that cold food is stored below 5C
- Ensuring that frozen food is stored below minus 15C
- Ensuring that hot food is maintained at over 60C
- Minimising the time that food is kept in the danger zone between 5oC and 60oC. The 'danger zone' is the temperature at which bacteria are most likely to grow.

In Cleaniness,

- Ensuring that there is a display of schedules outlining how the premises are cleaned.
- Having procedures for the storage and disposal of garbage and the location of bins.

### Conclusion

This paper clearly reveals about the necessary of having awareness on food security education among students studying at secondary level. It is understood that the food security education is very useful to students for developing their knowledge and responsibilities to protect the food materials in order to get adequate nutrition for their healthy life. In developing the feeling of food security education, Teacher should play a vital role, in the form of conducting programmes, activities and varieties of techniques through instructional practices. So that the future student's community may be benefitted a lot to enhance the knowledge about food security education.

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