How do technologies help in providing healthier and sustainable diets among the low income households in Asia?

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Food education: healthier and sustainable diets & technology & children from lower income households

- Food education： about diet and the development of good eating habits

  What to eat？ How to eat ？ Why we eat the food?

- Kulun： in Tongliao City, Inner Mongolia,

  once a national-level poverty-stricken county,

  fully out of poverty in March 2020,

  in 2021, a national-level rural revitalization key help county

1、Adopt research techniques and methods ： clarifying problems and needs of children

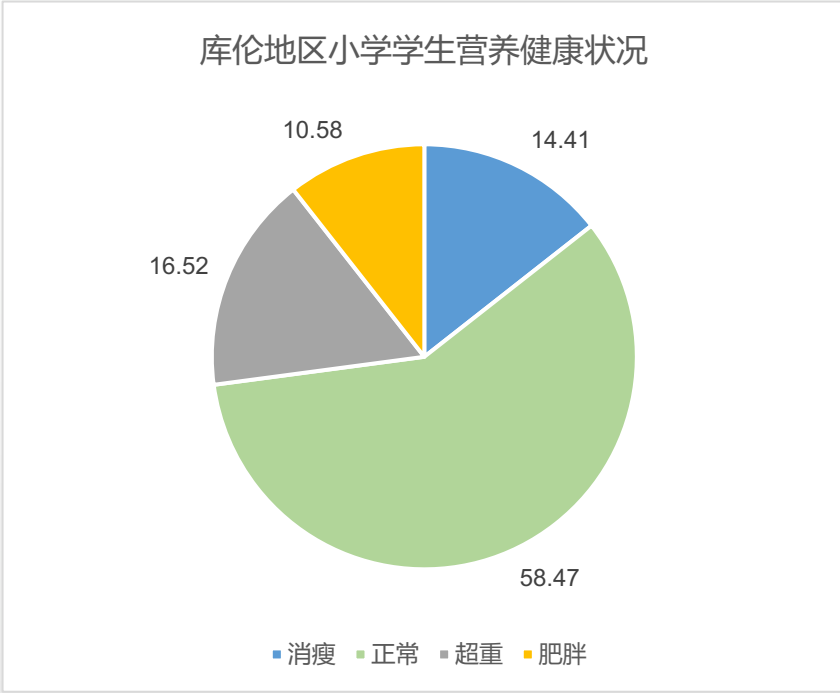
from October to November, in 2019; field survey

- **Objective：** understand children's dietary habits, nutritional knowledge, etc
- **Main techniques：** sampling survey based on statistical techniques and methods
- **Sampling：** 3 kindergartens, and 2 elementary schools

  counting totally 2919 children as the sample.

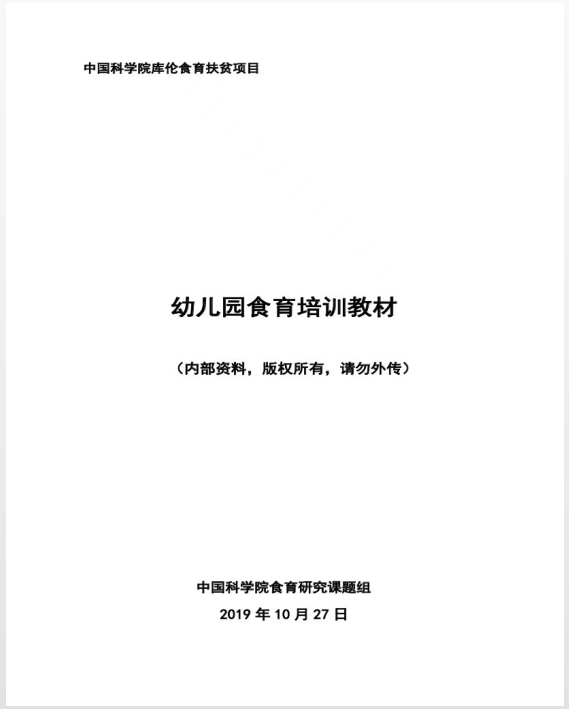
Children are facing the following problems in Kulun

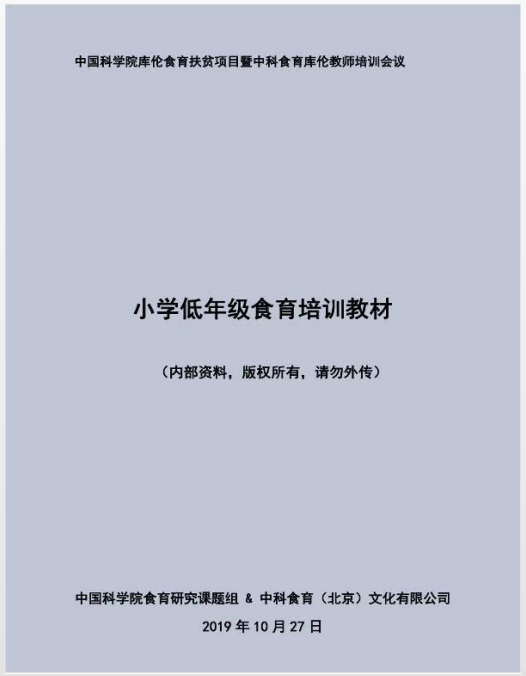
- lack of knowledge about nutrition
- lack of understanding of local and ethnic cultures and customs
- picky and partial eating
- thin and frail, overweight and obese
- ……

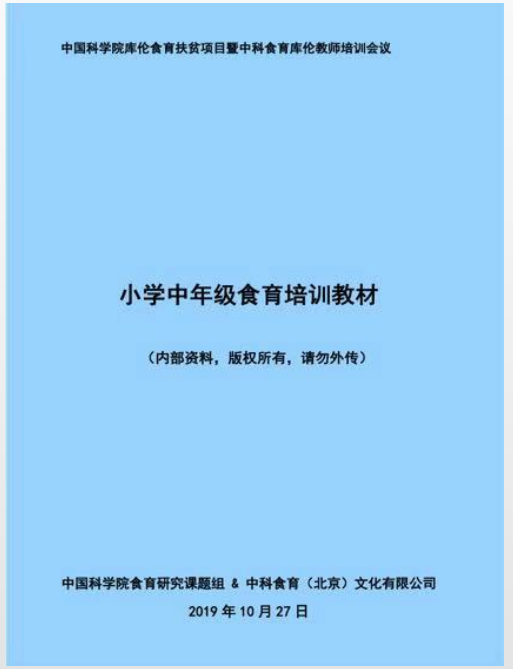


2、Application technology transformation: compiling teaching materials and conducting training

Organizing the professional teachers to work together to prepare 4 sets of tutorial materials, and help teachers to develop food education courses.







3、Using the internet technology:
hold the training and communication for epidemic

use e-Learning system to hold the training on food and education

The teachers were studying in the different Conference Room

4、Building the food education classroom: with modern kitchen equipment

The dietitian from Beijing

The show: the excellent food culture and traditions

the children was learning how to make their hometown milk tea, the healthy drink!

Thank you!

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