



Conclusions of the VI ARVI Conference

The VI ARVI Conference, held on July 3rd in Vigo and focused on the Project EduKsano, has given the word to schoolchildren, urged parents, teachers and experts to debate in health and nutrition on the potential contents and activities of the subject of Nutrition Education, and summoned political leaders of the central Government and of different Autonomous Communities to harmonize their relative interests in favor of the common interest with the aim of promoting healthy eating through education.

The main conclusion of this day is unanimous: Students, teachers, parents, experts in health, nutrition and gastronomy, and politicians responsible for three Autonomous Communities and the central government agree on the need to develop Nutrition Education to improve training and eating habits, starting with the youngest.

The rates of overweightness and obesity, especially in children and young people, are acquiring the category of pandemic according to the World Health Organization (WHO) and several scientific studies suggest that, if this is the case, the children of today will have a life expectancy two to three years lower than that of our elders today.

With this starting point, children, experts and administrations agree that:

- It is necessary to EDUCATE the youngest in healthy eating habits.
- Nutrition Education is a transversal subject that should be taught as modules integrated in the core subjects.
- The teachers of these subjects should be trained in nutrition education to convey to students the healthy eating habits, such as eating fish and vegetables between 3 and 5 days a week either at home or at school.
- Nutrition Education includes healthy lifestyles for body activity and mental, but also for the care of the Planet, since it implies: REDUCING waste food, RECYCLING wastes by reconvertng them into organic components, and REUSING those components as fertilizers that make plants and fruits grow that are planted in each school and in each house.
- Nutrition education contributes to the achievement of Sustainable Development Goals (SDG) approved by the UN in the year 2000 and updated in 2015.
- The Millennium Goals pursue that the world reach: zero hunger (Goal 2), good health and well-being (Goal 3), quality education (Goal 4), responsible consumption and production (Goal 12), serve as a tool against climate change (Goal 13), have sustainable fisheries and oceans care (Objective 14), and take care of the Earth with a sustainable diet (Goal 15).
- To encourage the consumption of healthy and nutritious foods such as fish, it is necessary that the Government and the Autonomous Communities carry out campaigns to promote their consumption and facilitate their acquisition with a reduced VAT as other Member States of the EU: Hungary, Portugal, Germany or France.

“Of all the models of nutritional education existing in the world, the project EDUKSANO bets on the Japanese model (Shokuiku) based on a Basic Law of the year 2005 and that is being studied to be able to adapt it to Spanish schools and colleges”