Educational instruments for food safety and nutrition

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Introduction
Foodborne diseases (FD), caused by consumption of foods contaminated with microorganisms or chemicals, as well as unhealthy diets represent an important cause of morbidity and mortality worldwide. Information from FD epidemiological surveillance, integrating human, veterinary and environmental areas are essential to identify, FD risk and promoter factors, to support risk management and burden mitigation activities to prevent these diseases. Prevention of diseases related to food ingestion can be achieved by education and promotion of safe food practices next to target populations, such as food handlers, health educators and students.

Purpose
Develop, adapt, publish and disseminate school educational materials on food safety, nutrition and labelling for different school levels, in order to empower students to make more informed choices and to adopt better and safer food practices aiming for a healthier life.

Material and Methods
Different educational materials were developed, adapted and implemented based on the following resources:

A – Food Safety: The results of foodborne outbreak (FBO) investigation data analysis performed at the National Institute of Health (INSA), between 2009 and 2013, showed that the majority of FBOs occurred in public places and secondly at home, being the mixed meals the major food vehicle contaminated1,2. FBO occurrence risk/contributive factors, represented in Figure 1, were attended on the development of the Guide of Consumer Good Practices3 (Figure 2). All these resources have scientific guided the elaboration of educational materials for foodborne outbreak (FBO) prevention.

B - Food nutrition: The Portuguese Food Composition Database (PFCDB)4 (Figure 3), edited and disclosed by INSA, is the reference table of food composition in Portugal. Created in 1961, it is available on printed support, Excel, CD-Rom and online.

C - Food labelling: Food labels and food legislation and guidelines, namely the Regulations on the provision of food information to the consumer and on nutrition and health claims made on foods.

All educational material were adapted to the curricula of different teaching levels trough team work with teachers, are available on INSA site and were released through oral meetings to the teachers in different geographic areas of Portugal.

Results and Discussion
A – Food safety: The educational material developed to promote foodborne outbreak prevention is composed by: 1) Guide of Consumer Good Practices - food safety from the supermarket to the table4; 2) two PowerPoint’s, one flyer and one questionnaire to assess the effectiveness of the classes (Figure 3). They are being disseminated in school meetings and are also available on-line at INSA website.

B – Food nutrition: The flyer indicates the instructions and the benefits of using the PFCDB in the assessment of nutrients intake by students, in order to explain their responsibility in their own nutritional state. In Figure 4 two examples of the nutritional composition of breakfasts potentially/usually eaten by students in Portugal, calculated using PFCDB are presented.

C – Food labelling: the educative material helps to understand the content (Figure 5) of the food label and how to use this information to make informed choices in the acquisition, storage and preparation of foodstuffs, in order to benefit from a healthy diet.

Conclusions
Compilation and analysis of data produced by epidemiologic and laboratory investigation at INSA regarding food composition and foodborne outbreaks complemented with food legislation information were useful for the scientific evidence to elaborate the educative materials by directing their contents, design and implementation according to the target populations.

The collaboration between the National Institute of Health and Schools promotes the students’ education to achieve a generation more aware for the importance of food safety and healthy foods choices in their life and, in this way, to reduce morbidity and mortality linked to the foodborne diseases and unhealthy diets.

References

Figure 2: Guide of Consumer Good Practices

Figure 3: Educational material (examples)

Figure 4: Nutritional composition of two different usual Portuguese students breakfasts

Figure 5: Nutrition declaration (example)

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Figure 3: Nutrition declaration (example)