

AS the leading food, nutrition, health and wellness company, Nestlé is committed to producing healthy, tasty and nutritious food, as well as promoting healthy lifestyles, what more with the alarming number of Malaysians diagnosed with non-communicable diseases (NCD).

### EDUCATING HEALTHY LIFESTYLES

While it is important to start children young on nutrition and wellness, it is also equally crucial to educate adolescents on the importance of consuming the right food and living a healthy lifestyle as this will affect their growth and development for their future as adults.

In collaboration with the Ministry of Education (MOE) and Universiti Putra Malaysia (UPM), Nestlé Malaysia is working on an intervention programme called 'Program Cara Hidup Sihat' (Healthy Lifestyle Programme), which is targeted at secondary school students from 100 day boarding schools nationwide.

Aimed at enhancing the knowledge and practice of healthy and active lifestyles, the three-year programme (2012 – 2014) is targeted at lower secondary students, their teachers and wardens, as well as the food operators who are responsible for preparing and serving their

# Respect and care for the community

meals on a daily basis.

As many as 332 food operators were trained on how to prepare tasty and healthier dishes by using ingredients that are lower in salt and fat. In addition, the teachers and wardens received training on the educational module that would be taught to the students, which included understanding the body weight and changes in different life cycles, the balance between energy consumption and usage, the importance of healthy eating, and ways to keep active. In total, 203 teachers and wardens completed the training.

The education module has been rolled out to the students, which will be monitored by the schools' senior assistants of student affairs and wardens, and at the same time reviewed by participating researchers from the Medical and Health Sciences Faculty of UPM.

It is hoped that the healthy lifestyle module will eventually be applied to all schools in Malaysia and its approach and findings shared across the nation.



*Students at one of the boarding schools learning about the food groups from the Malaysian Food Pyramid under the 'Program Cara Hidup Sihat'.*

### Quick facts

- As many as 332 food operators were trained under the 'Program Cara Hidup Sihat'.
- A total average of 14,792 visitors experienced the 7th Nestlé Nourishing Malaysia Showcase in April last year.