

19 April 2013 **On the 18th April, 2013, the National Healthy Eating Sub-Committee launched a Primary School Teacher's Resource which will provide tools for teachers in all primary schools across Tonga to educate children about the benefits of healthy eating.**



The launch of this resource is part of the "Mai e 5 a-day for life!" campaign, by the Healthy Eating Sub-committee of the Tonga National NCD Strategy. Members of the Subcommittee consist of government Ministries such as Health, Agriculture and Education. In addition, other key supporters of this initiative are Private primary schools, Tonga Health Promotion Foundation (TongaHealth) and the Nishi Trading Company.

The objective of the Mai e 5 campaign is to improve the health and well-being of school children in Tonga by teaching them about the benefits of eating a variety of fruit and vegetables in order to establish life-long healthy eating habits.

Its key messages are:

- To eat 5 or more colourful servings of fruit and vegetables daily a serving is a handful, and colourful fruit and vegetables contain the vitamins and minerals that the body needs to maintain good health and energy.
- The teacher's resource provides a range of informative and simple activities that teachers can conduct with all classes of primary school children as part of their regular classes to help them understand these messages

It is hoped that, as a result of this initiative, school children will be able to identify healthy and nutritious foods, make informed choices about what food they bring to school and share these healthy and nutritious meal ideas with their families.

In the long term, this will protect our children against the risks of non-communicable diseases that result from overweight and obesity, and ensure that their physical health and well-being is well looked after.

ENDS

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