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**Promote the consumption of food for good health at Wat Thewadaram School, Tha  
Khun Subdistrict, Tha Sala District, Nakhon Si Thammarat Province.**

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The Department of Health, Ministry of Public Health, Thailand. Sees the importance of school-aged children not eating breakfast because it puts them at risk of being physically exhausted and having difficulty concentrating. Therefore, it is recommended that parents prepare a menu that is easy to make or buy, adding vegetables and fruits to help children not miss breakfast, and get enough sleep for at least 9-11 hours per day to help clear the brain. Breakfast is therefore important, resulting in a project to promote healthy food consumption at Wat Thewada Ram School, Tha Kuen Subdistrict, Tha Sala District, Nakhon Si Thammarat Province, which is implemented under the framework of the Sustainable Development Goals, Goal 3: Ensure good health and promote well-being for everyone at all ages. Wat Thewada Ram School is located in Village No. 5, Tha Kuen Subdistrict, Tha Sala District, Nakhon Si Thammarat Province 80160. It offers education from kindergarten 1 to Mathayom 3. Mrs. Phaichitti Meeplod is the school director. At present, there are 19 teachers and educational personnel in total, divided into 14 civil servant teachers, 2 contract teachers, 1 professional experience trainer, 1 janitor, 1 cook. The total number of students is 156, divided into 16 preschool students, 81 primary school students, and 59 secondary school students. The service area of the educational institution is 2 villages, namely Village No. 5 and Village No. 12, Tha Kuen Subdistrict, Tha Sala District, Nakhon Si Thammarat Province.

Wat Thewadaram School realizes the importance of the problem of consuming healthy food and promotes students to have age-appropriate nutrition. Therefore, promoting students to consume breakfast on school days, which is an important meal that children must receive a variety of nutrients sufficient for their body's needs and is nutritionally sound, to avoid nutritional problems that will affect physical, intellectual, emotional, and social development, affecting students' overall health. Therefore, a project to promote healthy food consumption behavior has been organized, emphasizing that students increase their breakfast consumption before going to school so that students have age-appropriate nutrition, create participation

between families and schools, and promote students and parents to be aware of the benefits of consuming breakfast correctly and appropriately for their age, consuming a complete 5-food group, having a variety of foods in the same group and appropriate quantities, by the nutrition food pyramid.

The project implementation began with surveying data on students' food consumption behavior in schools twice every semester (during the first week of the semester and the last week before the semester ends). Administrators and the working group set policies and measures to promote food, nutrition, and student health with participation from parents and/or the community, and the working group monitors breakfast consumption behavior on school days.

The results are: A working group of 25 people has knowledge and skills in food and nutrition and can manage food and nutrition inside and around the school. A working group of 25 people has knowledge and skills in food and nutrition and can manage food and nutrition inside and around the school. The number of cooks (cooks/guardians) who have developed their potential: 20 people can prepare food that is appropriate for the students. 75 children have breakfast at school every school day.

The Faculty of Nursing has developed an operational plan for academic services and community-academic services for target communities by integrating academic service projects with teaching and learning in subjects such as health promotion and protection, community nursing practice, and community health systems.