

SE2024251

Eating and living like the god Ram, consuming safe food is the profit of life.

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Children aged 6-12 years are children at this age who are growing both physically and mentally. To enable children to grow to their full potential and have good intelligence Food is therefore an important necessity. If children at this age consume food that is out of proportion, Cause of both malnutrition and overnutrition, malnutrition will occur. This project is carried out within the framework of Sustainable Development Goal 3, ensuring good health. and promotes well-being for everyone at every age under the name "Eat and Live Like the Angels". Consuming safe food is the profit of life. Project objectives For students to consume complete food in every meal according to the nutrition food pyramid.

This project has an implementation process starting from an explanatory meeting, understanding the project, dividing roles and responsibilities, and planning joint operations, including collecting behavioral data, consuming food according to the nutrition food pyramid, surveying data on consuming food according to the nutrition food pyramid, returning data on consuming food according to the nutrition food pyramid, providing knowledge by inviting speakers, such as sub-district health promotion hospitals, consuming food according to the nutrition food pyramid, jointly setting community rules and agreements for taking care of children in consuming, organizing group activities, campaigning for consuming food according to the nutrition food pyramid, a forum for exchanging knowledge, and extracting lessons, summarizing lessons learned from operations, presenting a project summary and disseminating it.

For the results: 1) Students, parents, teachers, vendors, and food vendors in the school have knowledge and awareness of students' nutritional consumption. 2) There is a mechanism to drive project activities. 3) There is an environment conducive to students' complete meal consumption behavior according to the nutrition food pyramid. 4) Students consume complete meals according to the nutrition food pyramid. On June 28, 2024, the project mentors, together with the area management unit, visited Wat Thewadaram School at the Wat Thewadaram School meeting room. The results were as follows: 140 students, parents, teachers, vendors, food vendors in the school, and displaced people from refugee communities know the importance of students'

nutritional consumption. There is a 5-day nutritional menu at Wat Thewadaram School for breakfast and lunch. A project working group of 25 people was formed, consisting of the school director, responsible teachers, teacher representatives, volunteer students, vendors, food providers, and parent representatives. A clear division of responsibilities resulted in a work plan that is consistent with the context of the area. There is monitoring and encouragement of the consumption of dinner by students in each household. There are clear monitoring and supervision measures. There are 5 days of Wat Thewadaram School lunch menus for breakfast and lunch. There are 5 community health menus for dinner. Breakfast is provided to students at school every first day of school. There are measures for arranging lunch for vendors at the school. 75 children eat breakfast at school every first day of school. Every child eats a complete meal. Every child eats food according to the nutrition food pyramid.

Academic service projects have been in collaboration with various networks and related agencies, including the Faculty of Nursing, Walailak University, community scholars, Thasala District Agriculturalists, village volunteers, community committees, women's committees, and Wat Thewadaram School. Academic service projects have been integrated with teaching and learning of subjects such as health promotion and protection, community nursing practice, and community health systems, according to the academic service operations plan and social service academic services of the Faculty of Nursing for target communities.