

SE2024046

Promote the consumption of food for good health, Wat Rong Lek School, Nopphitam
Subdistrict, Nopphitam District, Nakhon Si Thammarat Province

Assistant Professor Kamlai Somrak

Luksamon Luksanavimon

Nabila Leekitkoson

This project focuses on encouraging students to consume breakfast every day, and eat food according to nutritional goals during school age. Breakfast is an important meal that school-age children must receive a variety of nutrients sufficient to meet their body's nutrition needs, prevent nutritional problems which affect physical, intellectual, emotional and social development, affecting the overall health of students.

The target group for this project is students at Wat Rong Lek School, Prathom 1 to Prathom 6, 71 students who do not consume breakfast on school days (accounting for 80.68 percent) and eat food according to the rules. Nutrition goals in school age: 53 people (accounting for 60.22 percent) together with teachers, cooks, and parents.

Food consumption behavior of students at Wat Rong Lek School was found to be like eating processed food and Prepared food with a very salty taste 60 percent do not eat vegetables and fruits. The reason why students do not consume the correct food is because they do not like to eat vegetables. Students do not eat all 5 food groups, Students like to eat ready-made food. There are reasons why students do not consume breakfast on school days: Students do not like to eat breakfast. Parents do not give importance to having students eat breakfast. Parents do not have time to prepare breakfast for their students to eat. Because the owner has a rubber plantation job, he has to go to work near dawn. As a result, students often get sick, such as stomach pain, headaches, fainting, acid reflux, malnutrition, lack of nutrients, which affects delayed development, lethargy, etc.

The operation of this project therefore organizes activities to encourage students to consume food per day according to the nutritional principles of school-age children. Consume breakfast on school days. Provide students with appropriate nutrition for their age with participation between families and schools. The focus is to encourage students and parents to be aware of the benefits of consuming food that is appropriate for their age, students eat breakfast Student leaders together with teachers and parents Related network partners work together to organize an environment in temple schools to produce raw materials to make healthy school menus, including raising fish and growing vegetables, using free space to create learning outside the classroom by promoting the cultivation of vegetables and fish for consumption. Create a menu based on nutritional principles to be used as raw materials for preparing breakfast for children. Save money and students will eat fresh, clean, non-toxic

food. Reduce the burden of expenses on parents grow what you eat Students will eat a healthy breakfast.

The results showed that the working group consisted of School administrators, teacher leaders, student leaders, cooks, store representatives Parent leaders, community leaders, personnel in the Noppitam Subdistrict Administrative Organization, 15 people Collaborate to work together to create behavioral changes among students. Survey of food consumption behavior of students in school Creating media and innovations to develop students by keeping students at the center. To promote desirable behavior regarding food and nutrition among students. 71 parents worked together to prepare breakfast for students to consume, 44 parents prepared food that met nutritional standards for 53 students to consume, and 71 students. Increase consumption of breakfast on school days. Continuing the work is a policy to promote food and nutrition for student health with participation between parents and the community.