

# National Nutrition Week Report 2017



## NATIONAL SCHOOL NUTRITION PROGRAMME



**basic education**

Department:  
Basic Education  
**REPUBLIC OF SOUTH AFRICA**





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## INTRODUCTION

This report seeks to provide feedback on the 2017 celebrations of the National Nutrition Week (NNW) by the Directorate: National School Nutrition Programme (NSNP). The NNW is held from the 09 to 15 October annually. The purpose of the NNW is to raise awareness on healthy eating and exercise as a way of healthy living. For 2017, the NNW was celebrated across all nine provinces. The first national celebration was held at Harry Gwala Primary School on 10 October, Johannesburg West District, Gauteng (GP), and the second celebration at Logagane Primary School on 13 October 2017, Ngaka Modiri Molema District, North West (NW). Nestlé SA joined the Department of Basic Education (DBE) in the preparations and celebrations of the 2017 NNW.

The NSNP is a key government programme intended to address hunger in schools and poverty. It aims to enhance the learning capacity of targeted learners in public primary, secondary and identified special schools. It has been found that the provision of meals in schools has shown some spinoffs including, increased levels of attendance, concentration and retention.

Currently, the Programme benefits about 9 million learners nationwide in 20619 schools. Research abound that shows the correlation between healthy eating and educational outcomes thus confirming the adage that ‘a healthy body leads to a healthy mind’. In other words, a balanced meal coupled with physical exercise is an important or essential part of mental and psychological well-being. It is within this context that Nutrition Education (NE) is a key pillar of the NSNP in promoting and expanding knowledge on nutrition to improve healthy lifestyle and help learners make better food choices. The school environment is considered to be in a best position to convey healthy messages towards change in behaviour and to promote healthy lifestyles.



## AIM AND PURPOSE

The aim of the Programme is to promote healthy lifestyles through good nutrition to learners so that they can be aware of a nutritious meal and establish long term habits of healthy eating and lifestyle to improve their mental and memory capacity. Key to this programme is the promotion of healthy eating habits, avoiding junk-food and the understanding of a balanced diet, and the importance of physical activity as part of a child's daily routine. The Nutrition Education (NE) team formed part of the NNW Steering Committee which was led by the Department of Health (DoH) to adopt and formulate the key messages.

The following key messages were disseminated to learners during NNW campaigns:

- (i) Encourage consumers (learners) to make water their beverage of choice;
- (ii) Show the link between the regular consumption of sugary drinks and health risks;
- (iii) Help consumers (learners) to identify sugary drinks and to determine how much sugar it contains.

The following supportive messages were also used during the campaigns:

- ☐ Drink lots of clean, safe water!
- ☐ Take care - sugary drinks can affect your health!
- ☐ How much sugar is in your drink? – read the label!

The theme for the 2017 NNW was in line with the key messages in the South African Food-Based Dietary Guidelines (FBDG): “Drink lots of clean safe water and Use sugar and food and drinks high in sugar sparingly”. The FBDGs or Guidelines for Healthy Eating as it is more commonly known, are aimed at promoting healthy eating behaviours among learners and school communities.

### Target audience

The NNW targeted learners in the Foundation Phase and Intermediate Phase, (i.e. Grade R to 7) Volunteer Food Handlers(VFHs), teachers and parents.

## **RATIONALE**

There is an increasing prevalence of overweight and obesity among children as highlighted in recent findings of the South African National Health and Nutrition Examination Survey (SANHANES-1, HSRC, 2013). The survey shows high prevalence of obesity among children between 6-14 years. These celebrations aim to heighten awareness and enlighten school communities on the importance of taking care of our own health and wellbeing.

## **PREPARATIONS**

Meetings were held between DBE and Nestlé SA towards preparing for the event. The two parties always shared ideas on how celebrations should be structured in a year. Preparations began in earnest and all the seven provinces held their respective celebrations for the NNW 2017 with the support from the DBE officials, at venues that were identified by the provinces. Communication took place on a regular basis between the Nutrition Education, provincial, districts officials and the schools in order to help one another where there was a need. Nestlé had agreed to bring along physical activities equipment, promotional items in the form of lunch boxes and caps as well as light lunch, juice and fruit for each and every learner on the day of the celebration at Logagane Primary school. Plans occurred closely with educators, school governing bodies (SGBs).

### **Preparations at the two venues (Harry Gwala Primary and Logagane Primary Schools)**

Background information on National Nutrition Week was provided to relevant stakeholders, School Principals, NSNP Coordinators, Life Skills Educators, School Governing bodies (SGBs) Chairperson and District officials during the planning meetings. It was indicated that Nutrition Week is celebrated every year in October between the 9th and 15th, we need to always advocate to learners about the importance of eating healthy and living a healthy life style as well as drinking safe clean water, importance of having a safe food garden at school. It was highlighted that the Department of Basic Education is working together with Department of Health with regards to Nutrition Week, hence the theme was adopted by the NNW Steering Committee consisted of different health professional role players among others.

At both Primary Schools during the preparations members of SGBs joined in the 25 minutes briefing which included the explanation of the partnership with Nestlé. Briefing included programme of the day where the guest list was discussed and how the day will unfold. It was agreed that on the 12th of October 2017, officials from National, Provincial, and District and Sub districts should engage in advocacy to schools around Logagane Primary and Harry Gwala Primary School, targeted 10 neighbouring schools at NW and 8 schools at GP.

## **CULTURAL COLLABORATION WITH THE EMBASSY OF FRANCE**

The Department in partnership with Embassy of France in SA through the French Institute of South Africa (IFAS) supported the 'So Chef! Workshops in promoting good nutrition at selected schools. The partnership aligned their programme with the Department's National Nutrition Week initiatives. The objective is to make learners aware of tastes and products in order to develop reflexes and taste healthy and well-balanced foods. So Chef! conducted workshops to learners from four Provinces viz: Eastern Cape (EC), Gauteng (GP), Kwa Zulu Natal (KZN), Western Cape (WC) and selected secondary/high schools in Port Elizabeth, Johannesburg and Pretoria, Durban as well as Cape Town, with three top French Chefs.

The target groups were learners from Grade 10-12. These workshops started with a Chef demonstrating his cuisine skills giving information and, an information sessions to all learners from selected schools before the actual session. Learners were provided with a variety of recipes and food preparation techniques for the creation of simple and balanced lunchboxes, which they could also use at home to encourage healthy eating to family members. This also offered them an opportunity to make career choices in Hospitality and Home Economics.

## **SUPPORT FROM THE PRIVATE PARTNERSHIP**

The DBE in collaboration with various partners such Dalton Nutrition and South African Sugar Association (SASA) among others ensured that the provincial campaigns were successful. Nestlé SA sponsored the two National campaigns. Dieticians, Nutrition Specialists from the Department of Health and other

experts were invited and shared knowledge and information during these events.

## **EVENT FLOW (ACTIVITIES ON THE DAY OF CELEBRATION)**

Ms Rakwena, Director for the National School Nutrition Programme (NSNP), who attended the Harry Gwala Primary School celebration, cited Goal 25 of the Action Plan to 2019: Towards the Realisation of Schooling 2030 which outlines the importance of promoting the well-being of learners in pursuit of excellent academic performance through the implementation of the NSNP, where learners are provided with nutritious meals daily at schools and taught to establish and maintain good eating and lifestyle habits for life. Ms Rakwena interacted with learners, asking them questions on eating healthy and living a healthy life style, and also on different nutrients found in food.

At Logagane Primary School, Chief Director for Care and Support in Schools, Dr Faith Kumalo, mentioned that, “it is important to create awareness amongst community members about the adverse effects of sugary beverages on health, and instead make water a beverage of choice. Water constitutes the major portion of the human body (50-70% or two thirds) and is essential for life”. She further encouraged parents to “take the message home” and make it a habit to drink more water. Dr Kumalo thanked all who were present. She emphasised the point that learners on the day were the important people. She spoke about the importance of healthy eating, that learners should take to heart what the educators had taught them and take the messages back home to the parents. To the principal and the staff, Dr Kumalo encouraged them to continue teaching learners that healthy eating and healthy lifestyle is not for just one time only but should form part of their daily living.

A Grade six learner from Logagane Primary School, Kesaobaka Maamogwa, recited a poem on water “Water is a very valuable resource; without this precious resource there is simply no life at all. We must try to preserve water for future usage and not waste it,” she said. Poems, songs and drama were presented by learners. It became clear that the activities presented were in line with what the educators had taught and the learners learnt, and all aligned with the theme.

Mr Jerry Voyi, a Community Liaison Officer from the Department of Health (DoH), Ratlou Sub-District, demonstrated how to make and use a tippy tap – a simple and hygienic device to wash hands using soap and running water – as a method of saving water. “In Ratlou we are experiencing a problem with people not washing their hands thoroughly. We hope to decrease the mortality rate caused by diarrhoea using the tippy tap method,” Mr Voyi said.

Celebrations are marked with awareness campaigns within and around the school community on the eve of the day’s event. During the awareness campaigns officials walked within the school communities with educational leaflets and other advocacy materials, sharing information with the learners and the educators. Four (4) schools were visited in Johannesburg West District and five (5) schools in Ngaka Modiri Distrct where key messages were shared with learners at morning assemblies.

Learners had fun and participated in physical activities and demonstrations which included basketball, soccer, netball, hula hoops, skipping rope, volley ball, Zumba dance in an effort to promote physical education. All the activities were facilitated with success by the Physical Education team from Nestlé. One of the educational activities included the Young Chef Demonstration where 100 learners were taught about different food groups and how they should prepare a healthy lunch box from home by the professional Chef. Learners were also taught about the importance of drinking enough water, portion control and making sure that their utensils are clean at all the times when preparing food. Learners were assisted by the Chefs to compete in preparing the best lunchboxes. DBE and some educators assisted to handout learners’ packs according to the schools class lists and distributed to each learner. The lunch packs consisted of fruit, a healthy sandwich, bottled water and 100% juice.

The NWPED had organised events in all the districts as a build-up to the NNW. This was to ensure that more learners receive the key messages. A total of 6848 learners participated in the NNW in NW. The table A below indicates different Schools where the NNW was hosted.

**Table A**

DISTRICT	SCHOOL	PARTICIPANTS	DATE
DR Ruth Segomotsi Mompati	Amalia Primary	1442	12 October 2017
	Choseng Secondary	386	18 October 2017
Ngaka Modiri Molema	Lillian Lehetla Special	276	11 October 2017
	Logagane Primary (National event)	164	13 October 2017
	Reboneilwe Secondary	1006	19 October 2017
DR Kenneth Kaunda	Are itshokeng Primary	1042	11 October 2017
Bojanala	Ennis Thabong Primary	1103	12 October 2017
	Marikana Primary	1429	20 October 2017
Total		6848	

## MEDIA COVERAGE

The NE team worked together with the DBE Communication Directorate to ensure that both events were well advocated and covered in both print and social media. Advocacy articles including Thuto, news flash, media advisory and statements were prepared and published prior and after the events. The media statement was also shared with a partner, Nestlé for input. It is commendable that the Communication Directorate provided full coverage and support for NNW celebrations and selected So Chef workshops!

## BUDGET / EXPENDITURE

A total budget of R300 000 was allocated for the NNW event. A memo to request approval to increase the budget for the NNW from R300 000 to R459 000 was approved by Dr Whittle,DGG:S. The budget was increased specifically to cover learners' catering and promotional items (back packs).

**The following table below indicate the expenditure for the NNW.**

Item/description	Quantity	Actual cost
Conferencing of NW event (i.e. marquee, 250 chairs, stage, flooring, sound system at Logagane Primary school, NW)		R 42 800.00
Procurement of lunch packs for learners at Harry Gwala Primary School (Sandwiches, 250m1 bottled water, 150m1 100% juice)	1800	81 000.00
Procurement of backpacks for Harry Gwala and Logagane Primary school learners.	2050	R369 000.00
Total		R 492 800.00

## **LESSONS LEARNT AND RECOMMENDATIONS**

For the first time in 2017, the NNW was celebrated nationally. It is recommended that in future, all schools should participate in the NNW celebrations. As Dr Kumalo concluded, “Schools are in a unique position to promote health by providing nutrition education in the curriculum as well as inculcating lifelong habits such as vigorous physical activity daily. Healthy children are successful learners”. This will be a great start towards raising successful learners.

There is a need to focus on Obesity Week from 2018 onwards, to start thinking on how to link the NNW and Obesity Week (11 October) through the theme(s) and key messages. In this regard, the proposal to the DoH will be to meet without delay to discuss how best this can be done.

The provinces will be encouraged to send the dates of the forthcoming celebrations and programmes on time so that the DBE officials have enough time to prepare themselves to support the provinces. The communication between DBE and provinces need to be healthy and strengthened for early detection if the province is struggling to plan e.g. Northern Cape (NC) and Eastern Cape (EC). In NC, the DBE had to intervene between the partner (South African Sugar Association) and the province as celebrations did not go as planned.



## CONCLUSION

The 2017 NNW celebrations throughout all nine provinces were a success. It is anticipated that the celebrations had positive impact on school communities and educators. Provinces will be encouraged to start preparation of activities early to campaign the 2018 theme through both Life Orientation and Life Skills subjects as well as NSNP coordinators as advised.

At both primary schools, learners engaged in activities conducted through the Healthy Kids Programme, a global initiative by Nestlé SA aimed at raising knowledge on nutrition and promoting physical activity amongst learners, food handlers, teachers and parents. This partnership is guided by the DBE's Life Skills subject area, which focuses primarily on nutrition and physical activity.

The participation of all provinces is a good indication that the NE is gaining momentum. The vision is to have all Districts and all schools participate with benefits of lifelong healthy practices for learners. (Provincial reports are herein annexed). The role played by Nestlé SA as a partner with DBE cannot be underestimated.

# GALLERY

## NATIONAL CELEBRATIONS

DBE in partnership with Nestlé SA celebrated the National Nutrition Week at Harry Gwala Primary School on 10 October 2017 in Johannesburg West District, Gauteng (GP)





## Learners at Harry Gwala Primary School enjoy playing various physical activities



## Learners are excited to showcase their creativity and skills during Young Chef activity



## Learners receive backpacks and lunch packs procured by DBE





**On 13 October 2017, NNW celebration was held at Logagane Primary School at Logagane Village in the Ngaka Modiri Molema District , North West Province**  
**Preparations of learners and guests' meals by Volunteer Food Handlers and parents**



**Preparations of learners and guests' meals by Volunteer Food Handlers and**



**Guest speakers deliver messages during NNW 2017 campaign**





Dr F Kumalo, Chief Director for Care and Support, DBE, presented key note address and messages on water, healthy eating and lifestyles to learners, educators and parents.



Parents and guardians attended the National Nutrition Week campaign to watch learners perform different activities linked to the 2017 theme.



Handover of the physical and sporting equipmet by Ms K Bonoko from Nestle SA to DBE Chief Director, NSNP Provincial Manager, Mr K Modisane and Logagane Chief Sekwenyane. The SGB Chairperson delivers vote of thanks.





Part two of the programme, learners play various physical activities such as zumba dance, soccer, hula hoops etc. facilitated by Nestle team, DBE officials and educators

### Nestlé Chefs preparing learners for Young Chef demonstrations



# PROVINCIAL CELEBRATIONS



## **EASTERN CAPE (EC) NATIONAL NUTRITION WEEK CELEBRATION**

### **INTRODUCTION**

A National Nutrition Week celebration was hosted at Ikhwezi Lomso High School in Port Elizabeth (PE) District, in the Eastern Cape (EC) Province on 17 October 2017. The DBE was represented by Ms Behane, Chief Education Specialist (CES) from the NSNP Directorate. In attendance were the provincial, district officials from the 23 districts, educators, Volunteer Food Handlers (VFHs), 10 learners from 10 schools in the district, Dietician from the South African Sugar Association (SASA). The line up for the program was as follows; Physical Activities in the form of Aerobics led by Ikhwezi Lomso High School Sport Master and Mistress, Washing of Hands & Sanitation by PE district officials, breakaway groups composed of (Group A for Culinary Competition: 30 participants consist of VFHs and learners from 10 schools), (Group B for gardening activities: 40 learners randomly selected from the 10 schools), [Group C for Key Messages on the Theme for NNW “Rethink Your Drink Choose Water”, to strengthen Language Skills.

The holistic approach to NNW involving more than one school and widening the target group was very strategic. There were approximately 1078 learners participating in the event who were selected from nine (9) neighbouring schools.



**Audience of officials, learners, educators and VFHs**



**PED setting the tone of the day**

## ACTIVITIES OF THE DAY

### Physical Activities in the form of Aerobics

The district officials came prepared in their sports attire and were taken through a 30 minutes aerobic session of various exercises by the sports master from Ikhwezi Lomso High. This was done in order to cascade the culture of physical exercise to schools in their districts.



### Group A for Culinary Competition

The culinary competition was made up of 30 participants that constituted VFHs and learners from the 10 schools as selected by the hosting district. They were further divided into two groups to be accommodated in two Consumer studies laboratories.

The groups were adjudicated by the DBE and SASA. They were given ingredients from the EC's Monday's School Menu i.e. pilchard stew, boiled rice, carrots and spinach as well as the condiments. Each school had a VFH and 3 learners and a rubric was used to assess the groups on measuring, teamwork, hygiene, preparation and cooking skills, portion size and presentation. The objective was to identify the gaps in order to train the districts accordingly as the results mirrored the district training skills. The winning schools were awarded with the prizes donated by SASA; (1) Ndzondelelo High School won a Food Processor, (2) Cowen High School won a Food Mixer and (3) Douglas Mpophya won a Blender. The PED provided NSNP branded protective clothing for the participants and they looked beautiful.



### **VFHs and Consumer Studies learners**

### **General Comments from all the 10 participating schools**

The general personal hygiene practices and presentation of the meals was exceptional as seen on the pictures above. The areas that need improvement are; a) kitchen hygiene b) measuring of ingredients c) conservative way of preparing and cooking food to maintain the highest nutrient content, colour and shape. The decision of using learners from the Consumer Studies to share skills with the VFHs was not maximized as the VFHs dominated the learners.

### **It is recommended that;**

The adjudicators should meet a day before the actual practical sessions in order to standardize the tool and agree on the criteria.

The province should have a meal planning and preparation workshop as soon as possible for the district officials as their Nutrition knowledge could assist in preparing the menu.

## **CONCLUSION**

The concept of the NNW which demonstrated how Curriculum was infused in the NSNP was well received. Each district should be encouraged to replicate the activities at a later stage in order to increase coverage.

## **SO CHEF! WORKSHOP AT IKHWEZILOMSO HIGH SCHOOL**

### **BACKGROUND**

The Embassy of France in South Africa in collaboration with French Institute of South Africa (IFAS) Culture is engaged in artistic events throughout the country all year round. Events organised and supported by IFAS take place in venues and festivals throughout the country, allowing the Institute to establish relationships with various South African partners. As part of its mission, IFAS-Culture encourages cultural diversity and exchanges in South Africa. This also includes nutrition education and gastronomy in promoting healthy eating habits and cultural diversity. To fulfil this mission, the NNW was aligned with So Chef! and celebrated at Ikhwezilomso High School on 20 October 2017.

About twenty (20) learners participated in So Chef workshop, which comprised of two (2) Consumer Studies learners from Grade 10 & 11 and each chosen from ten (10) selected schools. The DBE was represented by Ms L Maotoe, Deputy Director from NSNP Directorate. The learners were accompanied by their educators.

## ACTIVITIES OF THE DAY

The EC NSNP Director, Ms P Siwendu welcomed all visitors including the representatives of Embassy of France in Port Elizabeth, official from DBE, learners from different schools, educators, officials from the Districts and province. She expressed her contentment in the province hosting such productive events for learners and educators. She further thanked those who made an event a success, especially District officials who were supporting the schools and put the programme together. She thanked the Embassy and the Chef for exposing the learners and educators to other methods of preparing food and tastes. The Director emphasised the educational benefits of healthy eating and drinking clean water.

Ms Maotoe provided background information on NNW. It was indicated that there is a need to always advocate to learners about the importance of eating healthy and living a healthy lifestyle as well as drinking safe clean water and developing food gardens at schools. It was also highlighted that the DBE is working together with DoH with regards to Nutrition Week, hence the theme for this year is “Rethink your drink-choose water! It was further explained that NNW is an annual event celebrated between 09-15 October.

The campaign is a collaborative effort among government departments, corporates and other interested parties to spread nutrition messages. The purpose is to set aside time to inform and encourage all the citizens to eat healthy food, live a healthy lifestyle and keep their bodies active through formal and informal exercises.

The workshops started with an information session on variety of recipes by Chef Alexandre. Learners were then given an opportunity to prepare their cold meals and the winner who made and prepared the best plate was announced by the Chef. This will offer them an opportunity to make career choices in Consumer Studies and Home Economics.



## **Chef Jean Alexandre Galmar demonstrating to learners at Ikhwezilomso High School, Port Elizabeth**



### **LESSON LEARNT**

Since DBE partnered with the Embassy of France in 2015, the focus was on one school when celebrating NNW. The EC province has initiated a good practice of inviting two learners from nine (9) neighbouring schools to participate in the diversity of French cuisine and share some recipes with the Chefs. Two learners accompanied by their educators were invited from each school. Learners from different schools were able to participate with their educators; educators will transfer the knowledge of skills to other learners in different schools. Educators were so delighted to perceive their learners participating in the So Chef! workshop. When the winners were announced by the Chef, the educators jumped with excitement showing their contentment towards their learners. It was such productive lesson learnt by officials and the educators.

### **CONCLUSION**

The first meeting between DBE and Embassy of France need to be conducted early in a year and the recommendation is to practice what was experienced by the EC in their strategy to reach more learners in inviting different schools to attend. The good practice conducted at EC will be introduced to other provinces and to the Embassy during the planning meeting in 2018.

## **GAUTENG PROVINCE, SO CHEF CULINARY EXPERIENCE AT IVORY PARK SECONDARY SCHOOL, JOHANNESBURG AND AT IR LESOLANG SECONDARY IN WINTERVELDT, TSHWANE**

### **INTRODUCTION**

In GP, the So Chef! workshop was hosted at Ivory Park Secondary School on 09 October 2017. It was an honour to have His Excellency, Ambassador Christophe Farnaud in attendance. The DBE was represented by Ms N Rakwena, Director and Ms Behane from NSNP Directorate. The school has 26 Consumer Studies Learners who are in the Maths and Science Stream. The school decided to do away with the History and Geography stream learners as the newly appointed Principal Ms Mamosebo, saw fit to align the Consumer Studies with the science stream as it is indeed a science subject. There are currently 13 boys and 13 girls enrolled in grade 10 Consumer Studies, who participated in the So Chef project.

Chef Wandile was allocated to Ivory Park Secondary School and demonstrated how to prepare the “Summer Crispy Chicken, Coconut Bulgur, Baby Vegetables and Cumin Salsa Verde”. Ms Nkosi the Consumer Studies educator and Ms Behane assisted Chef Wandile with the preparations. Ms Laurie Chevrot from the Embassy assisted with logistics during the two cooking sessions. The photographer camera lady was Ms Boitumelo Moja from the DBE Communications.

### **OBSERVATIONS, COMMENTS AND RECOMMENDATIONS**

- The project is a motivation for the Consumer Studies learners as they all were encouraged to work hard and see themselves registered at a Culinary School.
- Learners were asked if they would be entrepreneurs and they all indicated that they would start their own businesses as caterers, Bed and Breakfast owners, competing with the popular local take away place called Busy Corner.
- Ivory Park Secondary School is situated at the heart of an informal settlement and the recipe requires the use of an oven which might not be available in most households. The Chef should adapt to the



situation or give alternatives for the learners to be able to use the recipe.

- The Chef imparted some valuable skills; however there were shortcomings such as not covering the saucepan while boiling vegetables to conserve nutrients and draining vegetable stock after boiling as nutrients are lost.
- Handling cooked food especially meat with bare hands is discouraged as it may cause food poisoning especially that the germs have been destroyed through cooking.
- The meal was healthy, attractive and affordable especially when vegetables and herbs are home grown.
- Learners were encouraged to grow their own herbs and vegetables as only 8 of the 26 learners had a garden at their homes.

### **Dishes that were prepared by Ivory Park Secondary learners**



**IFAS produced and distributed promotional items (luch boxes and squeeze bottles) for learners participating to the workshops in Johannesburg, Pretoria and Cape Town**



**His Excellency, Mr Christophe Farnaud, the Ambassador of France in South Africa, was impressed with how well learners prepared the various dishes at Ivory Park Secondary School.**



On Friday 20 October 2017, Ms M Ranwedzi, Assistant Director from DBE, NSNP Directorate together with Ms E Sealetsa from Tshwane West District visited IR Lesolang Secondary in Winterveldt, Tshwane to support So-Chef! workshop. The workshop was well conducted and the learners had wonderful experience of practical cooking a French recipe (pineapple, cornflakes and chocolate). The team prepared a fried pineapple, made a snack and observed the basic food handling practices of hygiene, 'Clean as You Go' principle.

The school's hospitality cooking area is well equipped with kitchen utensils and equipment. There are stoves and basins which make it easier to practice safe food handling. However, the hospitality team, kitchen, utensils and learners in this school are not anyway attached to the NSNP activities. This was observed as a gap that needs special attention by the district to advocate for integration of services in the school. It will be good for the Consumer Science learners to influence behaviour change amongst other learners and promoting good food handling practices in the NSNP kitchen.

## **CONCLUSION**

So Chef is a valuable programme to motivate learners who are already pursuing a career in the catering industry. In order for it not to clash with skills already imparted to learners on Food Safety and Nutrition the Chefs need to plan prior the session to outline the objectives of the programme and clarify the role of the Teacher. The recipe should be discussed during the planning session, a day before the actual practicals.

## FREE STATE (FS) PROVINCE NATIONAL NUTRITION WEEK CELEBRATION

### INTRODUCTION

The Provincial NNW was celebrated in Free State at Phahamisanang Primary School, Lejweleputswa District on 27 October 2017. The National Department was represented by Ms Müller, Chief Education Specialist (CES) from the NSNP Directortate. Officials from the Free State Department of Education under the leadership of Ms S Dunn (NSNP Provincial Coordinator), Mr Thetani (NSNP District Coordinator) and other NSNP District Coordinators, monitors as well as a District representative, Ms Sibi, CES were in attendance. A total of 1300 learners participated in the event.

### PROGRESS OF THE EVENT

The theme “Rethink your Drink-Choose Water! was highlighted with posters in the form waterdrops and laminated poster on water as pictured below.



The School Principal, Mr Molutsoane opened the event by welcoming all. Ms Sibi provided a brief purpose of the event focusing on the importance of choosing water over less nutritious options like sugar sweetened beverages that may lead to health problems and tooth decay.

A word of support was extended by Ms Dunn who emphasised learners’ participation in the NSNP. She encouraged them to eat all the food on the plate (protein, starch and vegetables) to ensure a balanced diet. The keynote address by Ms Müller emphasised the strengthening of good habits and complimenting the NSNP meal with drinking water as well as for educators to strengthen the message of drinking water from safe sources to ensure learners’ well-being. The event was concluded by the School Governing Body (SGB) Chairperson, Mr Mokwena who emphasized the need of support for the learners and the community as the area has mines that closed down and any source of support will be welcomed.



The learners from the school rendered items of song, poetry and choir songs linked with the theme throughout the programme. The event was concluded with the hand-over of pencil cases to each learner.



**CONCLUSION**

The event was a huge success and the message of “Rethink your Drink-Choose Water! was well received. The District Coordinator from Fezile Dabi volunteered to host the NNW in the following financial year. The NNW was also celebrated in all the Districts, where 4618 learners benefitted from the event. The latter is indicated in the table below.

DISTRICT	TOWN	SCHOOL	PARTICIPANTS	DATE
Lejweleputswa	Virginia	Phahamisanang Primary	1300	27 October 2017
Motheo	Boemefontein	Kamohelo Primary	1518	13 October 2017
Thabo Mofutsanyane	Clarens	Clarens Primary	500	03 November 2017
Xhariep	Springfontein	Springfontein Primary	1300	27 October 2017
Total			4618	



## **KWA ZULU NATAL (KZN) PROVINCE NATIONAL NUTRITION WEEK CELEBRATION**

The NNW was combined with World School Milk Day (WSMD) and it was celebrated in collaboration with Dalton Nutrition at Emafusini Primary School on 13 October 2017. The school has two hundred and eighty nine (289) learners. The decision to celebrate the two events on the same day was taken after the province could not host the WSMD on the set date in line with the NSNP event calendar. Present at the event was the DBE officials, DoH officials to render a message of support. Dalton Nutrition representatives were also in attendance and were the sponsors of the event, Local Councillors, Principals and some learners from nearby schools and parents. Dalton Nutrition provided the learners and parents with catering, milk and boiled eggs before the beginning of the proceedings.

Speaking on behalf of the DoH were Health Nursing Sisters from the local clinic and their address was about the importance of milk for growing children. The Health Nursing Sisters also advised parents in attendance on the importance of breastfeeding their babies from birth and continue providing them enough dairy in their diet as they grow into teenage years and up to the age of 30 years so that their bodies can build strong bones. Calcium is deposited in their bones to form a strong foundation. If children do not consume enough calcium at their age and particularly a teenager, they might not be able to maintain their bones until old age. This may lead to decalcification of your bones later in life, which leads to a condition called osteoporosis. Osteoporosis is called a silent disease of age, when your back becomes bent, your bones start crumbling and bone fractures become more evident. This can be a very painful illness.

The Acting Director, Ms N Ndelela spoke about how vital the role milk as a protein plays in growth and development, immunity, the health of bones, skin and nerves. She also reminded learners about the benefits of products such as cheese, butter and Amasi in maintaining good health and is a great source of calcium. Calcium helps to build strong bones and teeth, protein helps to build muscles and lets the body grow; dairy provides many nutrients that give energy and protects against disease.

The Councillor talked about the role they play as the Municipality to ensure that milk processors are thoroughly inspected to adhere to health regulations. Their Environmental Health Practitioners (EHPs).

are the ones that inspect food manufacturers ensuring that standards are maintained and learners receive the best quality products. Dalton Nutrition donated some of the products they manufacture, such as fortified milk and sugar with vitamin A. The fortification of sugar with e.g. vitamin A is one of the safest, most efficient, and most cost-effective interventions to prevent and control vitamin A deficiency. Vitamin A deficiency continues to be highly prevalent in developing countries. The World Health Organization (WHO) estimates that in at least 75 countries, the deficiency is a problem of public health concern.

The DBE highlighted the benefits of drinking lots of clean safe water instead of taking sugary drinks. Learners were advised on how water helps to maintain a healthy weight, keeps the body hydrated, may prevent headaches, fatigue and irritability. Furthermore, water helps improve digestion and prevent constipation. Learners were asked to conserve water as it is a valuable resource. The risks associated with daily intake of sugary drinks were mentioned in that it increases chances of being obese; there is a likelihood to die from heart attack; there's increased risk of diabetes and tooth decay.

In between the speakers, some learners were performing a variety of milk promotional activities in the form of poems, drama, songs etc. describing the importance of milk as a healthy and balanced diet. These were the highlights of the event as most of the items on the programme was allocated to the learner activities and the key message was very clear for the targeted audience. The activities relayed where milk comes from, how it is processed and the nutritional benefits thereof.



## LIMPOPO (LP) PROVINCE NATIONAL NUTRITION WEEK CELEBRATION

### INTRODUCTION

The National Nutrition Week was celebrated in the 6 Districts. The DBE was represented by Ms N Mashigo and Mr P Sengwana from the NSNP Directorate and the LP Department of Education was represented by Mr A Sharp. Under the theme “ Re-think Your Drink-Choose Water!, the importance of drinking water combined with physical exercise was the main messages disseminated to the learners during the events.

**The table below depicts the venues where the events were celebrated during October 2017.**

DISTRICT	CIRCUIT	SCHOOL	PARTICIPANTS	DATE
Provincial	Warmbath	Blaauboschkuil Primary	380	12 October 2017
Capricorn	Magatle	Motserereng Primary	127	25 October 2017
Mogalakwena	Bakenberg North	Kgopedi Primary	128	19 October 2017
Mopani	Tshiluvani	Phyphyni Primary	110	18 October 2017
Sekhukhune	Moutse west	Mokgwaneng Primary	230	13 October 2017
Vhembe	Malamulele east	Hitekani Primary	105	20 October 2017
Total			1080	

The Provincial Nutrition Week was held in Waterberg District on the 12 of October 2017, in Blaauboschkuil Primary School with an enrollment of 380 learners. All the NSNP staff across the Province was invited to the event. Attendance by the communities was quite high. There were 900 attendees including the learners. The learners were afforded opportunities of rendering items related to the theme in the form of poems and choral music. The Programme Directors were two learners from the same school in grade seven.

Promotional material that was procured for the learners were soccer and netballs, Hoola-hoops, lunch boxes and squeeze bottles, schools bags. Unfortunately only four items were available during the event in the form of soccer, netballs, Hoola-hoops, and the skipping ropes. The learners were also given the opportunity to showcase their skills on soccer, netball, skipping ropes and hoola-hoops.



The learners were provided with lunch packs, which consisted of rice/ pap, spinach /cabbage, chicken and beef. The event started exactly at 10h00. The key stakeholders who were invited included Department of Health and Department of Agriculture: Food Security unit.

## **CHALLENGES**

Initially, the event was planned in July, whereby the project management team was formulated and it included the SMTs, EHP and the SGB members of the school. The request to procure the necessary items for the event was submitted to supply chain on the 25th of August 2017, but there were delays caused by the supply chain management unit to procure the necessary items needed for the event. Some of the items were not procured at all, i.e., promotional materials for the learners in the form of school bags, mathematical instruments {Grade 4}, lunch boxes, squeeze bottles and T-shirts.

Some of the planned activities could not materialise due to scorching heat that afternoon, therefore it was not advisable to allow learners to engage on the activity. The school was advised to let the learners utilise the material {soccer balls, Hula-hoops, skipping ropes and netball} during playtime as means of physical exercise to improve their wellbeing.

## **FUTURE RECOMMENDED PLANS FOR IMPROVEMENT**

The National Nutrition Week must be planned as early as May. All the Districts must celebrate the day in their respective Districts, which will ultimately lead into a Provincial celebration event. The programme will be able to identify the critical challenges before the provincial event if there are any. During the business planning session, the programme must draw up tangible plans with budgets and activities for both the Districts and the Province.

## CONCLUSION

The event was basically successful albeit with other challenges that were experienced during the planning phases. There is a need to partner with other Private stakeholders who can donate some of the critical items needed by the hosting school. A grand total of 1080 learners from the above mentioned schools participated in NNW hosted across 5 districts.

**The Director for Provincial NSNP, Mr Matanga with learners while playing hula-hoops as part of physical activities.**



## **MPUMALANGA (MP) PROVINCE NATIONAL NUTRITION WEEK CELEBRATION**

### **INTRODUCTION**

Nkangala district in Mpumalanga hosted the National Nutrition Week celebrations in all 4 Districts. One of the celebration was hosted at Sinetjhutu Primary School. The DBE was represented by Mr S Mzimba and Ms T Mamabolo from the NSNP Directorate. The event was attended by the Provincial, District and circuit officials, Parents, representative from the Local Council, Principals from the neighbouring schools, SGB members and learners. The Chairperson of the National Association of SGBs attended the occasion. Officials from the Departments of Agriculture and Health were also in attendance to give motivation on the use of water.

Ms PN Ditshego, the Educator at Sinetjhutu Primary was the Programme Director. The occasion was opened in prayer by Pastor TW Nkabinde. Mr MJ Modiba, the School Principal welcomed everybody present. Learners entertained the audience with music, poem, drama and dance. All the items emphasised the importance and benefits of drinking water. The key messages were shared by learners on 'how to save water' through poem, where learners discouraged watering of gardens during the day and to fix any dripping taps to save water. The Department of Agriculture motivated the community to save water.

The keynote address was rendered by Ms N Sinelisiwe, a Nutritionist at the local Department of Health. She encouraged everybody to drink water and explained the function of water in the body. She further demonstrated how to make flavoured water with fresh fruits and vegetables to give it a taste. Mr Mzimba presented the purpose of the day. The focus was more on the theme and everybody in attendance was encouraged to drink water. He further spoke about the amount of sugar (number of teaspoons per 500ml in sugary drinks) and also demonstrated how to do the calculation on the nutritional value to get how much sugar is contained.

All learners were provided with bottled water to drink and they were also provided with two meals. Learners were excited and they sat throughout the event dancing and singing.

The event was successfully celebrated and the attendance was good. Catering was organised, everybody present ate and water was provided.

**CONCLUSION**

The events resulted in notable improvements in the participation by communities and School Governing Bodies (SGBs) in managing the National School Nutrition Programme (NSNP). This was realized through the inclusion of nutrition and food garden items such as soap, brooms, buckets, bleaches and to be used for the success of NSNP. A grand total of 2630 learners from 4 districts and schools have participated in NNW 2017.

**The table below indicates number of learners who participated in the NNW 2017 across 4 districts.**

DISTRICT	CIRCUIT	SCHOOL	PARTICIPANTS
Nkangala	Kwaggafontein East	Sinetshudu Primary	547
Gert Sibande	Amsterdam	Driepan Primary	799
Ehlanzeni	Nkomazi West	Sidlemu Primary	894
Bohlabela	Ximhungwe	N'wankupana Primary	390
Total			2630

## NORTHERN CAPE (NC) PROVINCE NATIONAL NUTRITION WEEK CELEBRATION

In Northern Cape (NC) the NNW was celebrated in all districts under the theme “Rethink your drink, choose water!”. The celebrations were hosted at farm and small schools, all learners participated by presenting songs, plays and poems relevant to the theme of the day. All learners were provided with caps. Afri Sam donated 108 water bottles for Frances Baard schools. The Provincial celebration was held at Bankhara Bodulo Primary School (benefitted 1677 learners) on 26 January 2018 in John Taolo Gaetsewe District, in collaboration with South African Sugar Association (SASA). The message and the objective of the day was delivered to all stakeholders. The celebration of NNW was also hosted in all the districts in selected schools.

**The table below indicates number of learners who participated in the NNW 2017 across 5 districts.**

DISTRICT	SCHOOL	PARTICIPANTS
ZF Mgcau	Khosis Primary	108
Pixley Ka Seme	Oranjerivierstasie Primary	160
Frances Baard	Ulco Primary	72
Namaqua	Kemieskroon Primary	133
John Taolo Gaetsewe	Tseelenpwe Primary	126
Provincial celebration	Bankhara Bodulo Primary	1677
Total		2276

## **WESTERN CAPE (WC) ‘SO CHEF WORKSHOP! AND NATIONAL NUTRITION WEEK CELEBRATION**

### **INTRODUCTION**

The DBE was represented by Ms MJ Maduna and Mr MC Radingwana from the NSNP Directorate who attended the So Chef! Cooking Demonstration/workshops and National Nutrition Week (NNW) campaign on 17-18 October 2017 respectively. The events were held at Sinethemba Secondary School in Phillipi in Metro South District, Western Cape Province. So Chef! workshop was conducted on 17 October while the NNW celebration was held on 18 October 2017.

### **SO CHEF COOKING DEMONSTRATION**

The Department in partnership with Embassy of France in South Africa through the French Institute of South Africa (IFAS) support cooking demonstration for the learners who study Hospitality and Consumer Sciences in NSNP Secondary schools.

A professional Chef, who is also a teacher at French Technical and Vocational Education and Training (TVET) College demonstrated to learners how to prepare a healthy snack meal choosing from different food groups. The learners were subsequently given an opportunity to prepare their meals. The recipe for the day was Magda Scrambled Eggs. Activities included baking pastry, boiling and frying vegetables, scrambled eggs and dishing up.

Two sessions, the first at 08h00 to 11h00 and the second at 12h00 to 14h00 were conducted whereby 24 grade 10 and 11 learners, 12 for each session were selected to take part in the demonstration. Two hospitality teachers were supporting the Chef. They reported that 80 learners (grade 10 -12) in the school study Hospitality as a subject. The learners shared their experiences during the NNW event. They were appreciative of the experience.

Mr Xotyeni thanked those who made an event a success, especially District officials who were supporting the school and put the programme together. He thanked the Embassy of France and the Chef for exposing the learners and teachers to other methods of preparing food. He further urged hospitality teachers to participate in the NSNP by sharing nutrition information with the district officials and training the VFH to cook and maintain hygiene in the kitchen. He further reiterated that hospitality learners must be NSNP Ambassadors.

### So Chef Culinary experience with Grade 10 &11 learners at Temba Secondary School, WC





## NATIONAL NUTRITION WEEK CELEBRATION

The National Nutrition Week (NNW) campaign was celebrated on 18 October 2017 at the above-mentioned school under the theme: "Rethink your drink-choose water!".

The Programme started on time as planned and different speakers from different institutions i.e. City of Cape Town, Department of Health, National Department of Basic Education and Western Cape Department of Education and the learners were given a platform to speak about the theme in particular and nutrition in general. The event was sponsored by GOAL and Spar Phillipi supermarkets, NSNP and the school.



The School Principal, Mr Poopedi welcomed the guests. He thanked the Department for managing the feeding programme efficiently because the school never runs out of food or any other services that ensures that the learners get meals.

He further indicated that the school is surrounded by a very poor community and school meals help to curb some delinquent behaviours such as physical and emotional absenteeism, and from school, theft and bullying. He thanked the Department for choosing his school to host the event and exposing the children from disadvantaged community to the international community. He thanked the Food Handlers for their dedication.

Speaking on behalf of the NSNP Provincial Manager, Mr Kamana, explained the importance of the NSNP and the number of schools/learners who benefit from the programme. He emphasised that the important aspect of the programme is to educate the school-community on Nutrition. The District Director, Mr Van Harte emphasised the educational benefits of healthy eating and drinking clean water.

He however indicated that in the District about 60% of learners from poor families are still left out. He welcomed the support from Embassy of France in South Africa and indicated that WCED is engaging the Embassy to enter into educational exchange programmes for teachers and learners.

Ms Maduna delivered an address on behalf of the DBE. She emphasised that the National Nutrition Week campaign is a collaborative effort among government departments, corporates and other interested parties to spread nutrition messages. The purpose is to set aside time to inform and encourage all the citizens to eat healthy food, live a healthy lifestyle and keep their bodies active through formal and informal exercises. She encouraged the district to inform and invite more partners to participate in the campaign so that more schools can be reached.

Mr Edmund Tiku from the City of Cape Town gave an important presentation on water conservation. He explained the implications of ignoring the call to save water. The consequence of water wastage could result in schools closing. He gave information on how household and schools can save water. He invited the school to contact the city if they need assistance regarding water conservation.

The guest speaker was Ms Verona Witbooi, Senior Dietitian who is servicing Phillipi and other areas. She made a powerpoint presentation focusing on the theme and messages of the campaign. Most importantly she highlighted the services that her office (Community Dietician) offers to the school and community to improve their nutritional status. The district was encouraged to use her office during the training of Volunteer Food Handlers and NSNP officials.

There was a poster competition where the learners were encouraged to participate creatively by drawing and colouring in relation to the theme: Rethink your Drink- Choose Water!. Seven learners participated in the competition, three were selected as the winners and received books as prizes. The learners kept the event alive with activities such as choral music, poem on water, dance and power point presentation.

## Posters created by learners are presented during the celebration



## CONCLUSION AND RECOMMENDATION

The NNW and So Chef celebrations were successful with good attendance and participation by officials from different partners. Celebrations demonstrated that there is a need to continuously spread the Nutrition Education campaigns/activities throughout the year so that messages could reach more audiences.

It is recommended that So Chef! menu be discussed with NSNP officials so that it can reinforce the promotion of consumption of nutritious meals. More learners should be involved.

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