



# NUTRITION AND EDUCATION

## GOOD NUTRITION IS ESSENTIAL FOR HEALTHY BRAIN DEVELOPMENT IN CHILDREN AND IS A POWERFUL PREDICTOR OF A CHILD'S SCHOOL PERFORMANCE AND PRODUCTIVITY IN LATER YEARS.

- Improved nutrition is associated with earlier enrolment and better attendance, and helps keep children in school for at least an extra year.<sup>1,2</sup>
- Children who are not stunted achieve higher income levels and are 33% more likely to escape poverty as adults.<sup>3</sup>

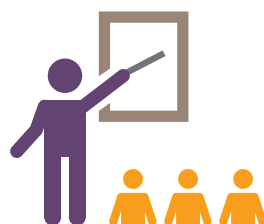
**Investments in education can help to prevent stunting in subsequent generations. Similarly, investments in nutrition can help to improve the cognitive potential of the next generation and contribute to breaking the intergenerational cycle of poverty.**

- Parental schooling has been shown to be associated with better nutritional status of children. Children are 25% less likely to be stunted if their mother has received some secondary education.<sup>4</sup>
- Stunting can affect development and cognition in the subsequent generation. A study of children in Jamaica found that children born to stunted parents have significantly lower Development Quotients – a measure of a child's rate of development – as well as significantly lower scores on a cognitive scale of development.<sup>5</sup>



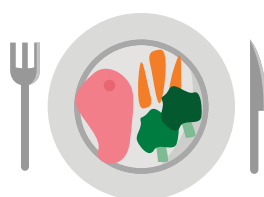
## DELIVERY OF NUTRITION-SPECIFIC AND -SENSITIVE INTERVENTIONS

- Schools can be an effective delivery platform to reach children and adolescents with deworming pills, micronutrient supplements and other protective services



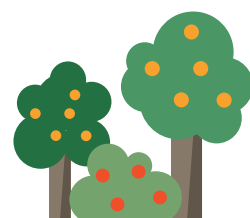
## NUTRITION EDUCATION

- Children can learn about nutrition, food and health at schools through lessons or classroom activities



## SCHOOL MEAL PROGRAMMES

- Schools can provide healthy meals and snacks to children
- Particularly in food insecure areas, school meals can be a vital and stable source of micronutrients for school-aged children



## SCHOOL GARDENS

- In some areas, schools can create “learning” gardens to promote better nutrition and contribute to food security in the school and community

Source: Adapted from The Food and Agriculture Organization of the United Nations, School Food, available at [www.fao.org/school-food/en/](http://www.fao.org/school-food/en/)

### 4 QUALITY EDUCATION



Improved nutrition can help to maximise investments aimed at the achievement of SDG 4 – “ensure inclusive and equitable quality education and promote lifelong learning opportunities for all”. Education platforms can also be nutrition-sensitive, to reach children with nutrition interventions and services as they grow.

The Nutrition in the Global Agenda Series, issued by The Power of Nutrition, aims to clarify why and how investments in nutrition can maximise other development objectives and be a major pathway towards the achievement of the world's shared Sustainable Development Goals by 2030.



The Power of Nutrition is a charitable foundation whose primary focus is improving the nutritional welfare and care of young children and adolescent mothers in Africa and Asia. Visit [www.powerofnutrition.org](http://www.powerofnutrition.org) and follow @gofundnutrition to learn more about our work.

<sup>1</sup> Jukes, Matthew, 'Early Childhood Health, Nutrition and Education: Background Paper Prepared for the Education for All Global Monitoring Report 2007, Strong Foundations: Early Childhood Care and Education', United Nations Educational, Scientific and Cultural Organization, 2006.

<sup>2</sup> Haddad, Lawrence, 'Child Growth = Sustainable Economic Growth: Why we Should Invest in Nutrition', Children's Investment Fund Foundation and Institute of Development Studies, May 2013.

<sup>3</sup> Haddad, 2013.

<sup>4</sup> Ruel, Marie T et al., 'Nutrition-Sensitive Interventions and Programmes: How Can They Help to Accelerate Progress in Improving Maternal and Child Nutrition?', The Lancet, Vol. 382, No. 9891, pp. 536-551, 10 August 2013.

<sup>5</sup> Walker, Susan P et al., 'Early Childhood Stunting is Associated with Lower Developmental Levels in the Subsequent Generation of Children', The Journal of Nutrition, 2015.