



## Press Release

13<sup>th</sup> March 2018

### **WORLD HOME ECONOMICS DAY 2018 “HOME ECONOMICS LITERACY: SKILLS FOR HEALTHY AND SUSTAINABLE COOKING”**

The theme of the World Home Economics Day 2018 (WHED 2018)  
**“Home Economics Literacy: Skills for Healthy and Sustainable Cooking”**  
supports these two main aims of the World Health Organisation (WHO).

1. Reduce Non Communicable Diseases and
2. Food Safety to avoid Foodborne Illness.

With the topic of the WHED 2018 the International Federation for Home Economics (IFHE) underlines the significance of Home Economics Education for all! Food Safety and Healthy Diets are key aspects of Home Economics Education in the subject “Food and Nutrition”.

#### **Healthy Cooking to Reduce Non Communicable Diseases**

The WHO Healthy diet Fact sheet N°394 points out the consequences of healthy diet and unhealthy diet in correlation with lack of physical activity.

<http://www.who.int/mediacentre/factsheets/fs394/en/>

The WHO action plan aims to reduce the Non Communicable Diseases by 25% until 2025.

<http://www.who.int/mediacentre/factsheets/fs355/en/>

Home Economics Education enables children, adults and professionals to plan and prepare healthy diets, which are relevant from the first day of life until the old age.

#### **Healthy Cooking to Reduce Foodborne Illness**

Eating contaminated food is an important cause of illness, disability and deaths around the world, as revealed by the first ever WHO Estimates of the Global Burden of Foodborne diseases published in December 2015.

#### **Consumers play major Role in Food Safety**

The WHO highlights, even though food producers have the primary responsibility to keep the food we buy safe, consumers have an important part to play. Knowing our food, and the associated benefits of being an empowered consumer, should be taught from the youngest possible age. <https://www.unspecial.org/2015/04/empowered-children-are-the-best-health-ambassadors/2/>



IFHE calls for action to implement the WHO “**Five Keys to Safer Food**”, which explain the basic principles that individuals all over the world should know to prevent foodborne diseases. On WHED 2018 IFHE Members, Home Economics teachers worldwide demonstrate that Home Economics Literacy includes skills for healthy and sustainable cooking.

The IFHE Best Practice Tips **Cooking, Refrigeration, Canning of Vegetables and Drying of Fruits and Vegetables** developed and published as posters by the IFHE Programme Committee Household Technology & Sustainability demonstrate guidelines for sustainable food preparation.

<http://he.ifhe.org/857/> and see WHED in the section “In Focus” under

<http://he.ifhe.org/1110/>

**“TAKE ACTION: CONTRIBUTE TO THE WORLD HOME ECONOMICS DAY  
20<sup>TH</sup> MARCH 2018”**