

# TRANSFORMING FOOD SYSTEMS: TRANSFORMING SCHOOL FOOD EDUCATION

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Research funded by Australian Centre for International  
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# THE PROBLEM

We currently find ourselves facing a global syndemic

Food is considered to be the greatest lever we have to achieve personal and planetary health

There is a need to radically transform the food system

Education is a key platform for transformation

Current versions of food education – often in the guise of individualised nutrition education - will not contribute to the ‘great food transformation’ that needs to occur

# THE PACIFIC CONTEXT

Dealing with significant rates of NCDs and the various impacts of climate change.

Food is targeted by a range of policies across education, health and agriculture.

Education about food in the Pacific = nutrition education

Individual behaviours/lifestyle focus

The focus of the majority of research tends to focus on the problem of implementation (barriers and enablers)

# TRANSFORMING FOOD EDUCATION

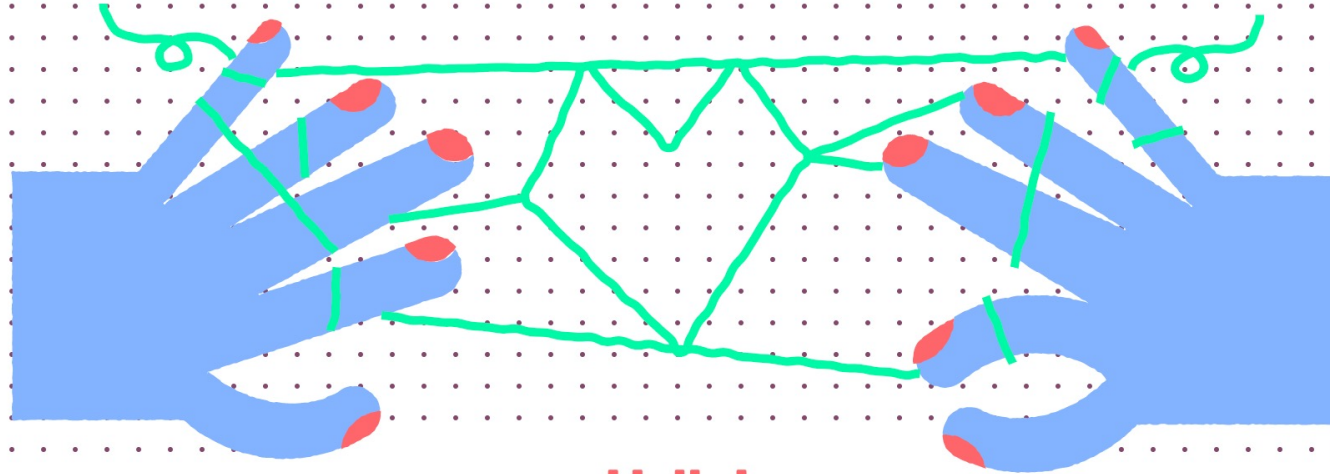
- If we are going to transform food systems then we need to shift how we imagine what food education is
- Despite our understandings of how the SDOH, in particular food environments, impact daily food practices and consumption, we continue to ignore these insights (aka lifestyle drift)
- We need to harness educational priorities to get traction in schools but also to capitalize on what they offer food education
  - Significant reform happening across the Pacific in the education sector
  - Youth voice, social action, new assessment regimes (away from exams) , numeracy and literacy as a priority (+ digital), learning centred pedagogies, new forms of (food) citizenship education, integrated learning
  - Multi sector involvement → multiple literacies

# NEW FORMS OF FOOD EDUCATION – AN EXAMPLE

- Kids co-designing healthy places (focus on healthy eating and being active)

[www.kidscodesigninghealthyplaces.com.au](http://www.kidscodesigninghealthyplaces.com.au)

Builds health literacy and understandings of the SDOH, engages kids in auditing their local environments and working with local councils to generate solutions, connects with educational policy priorities



## Hello!

Kids Co-designing Healthy Places is a Monash University project supported by VicHealth.

The project supports councils and schools to engage with kids to co-design healthier places. It focuses on the things in our neighbourhoods that impact healthy eating and being active.

Kids live, learn and play in the places councils look after. By including them in the design process we can build healthier futures together.

### How to use this website



**Council staff**



**Teachers**



@m

## NCD Lab

[Home](#)

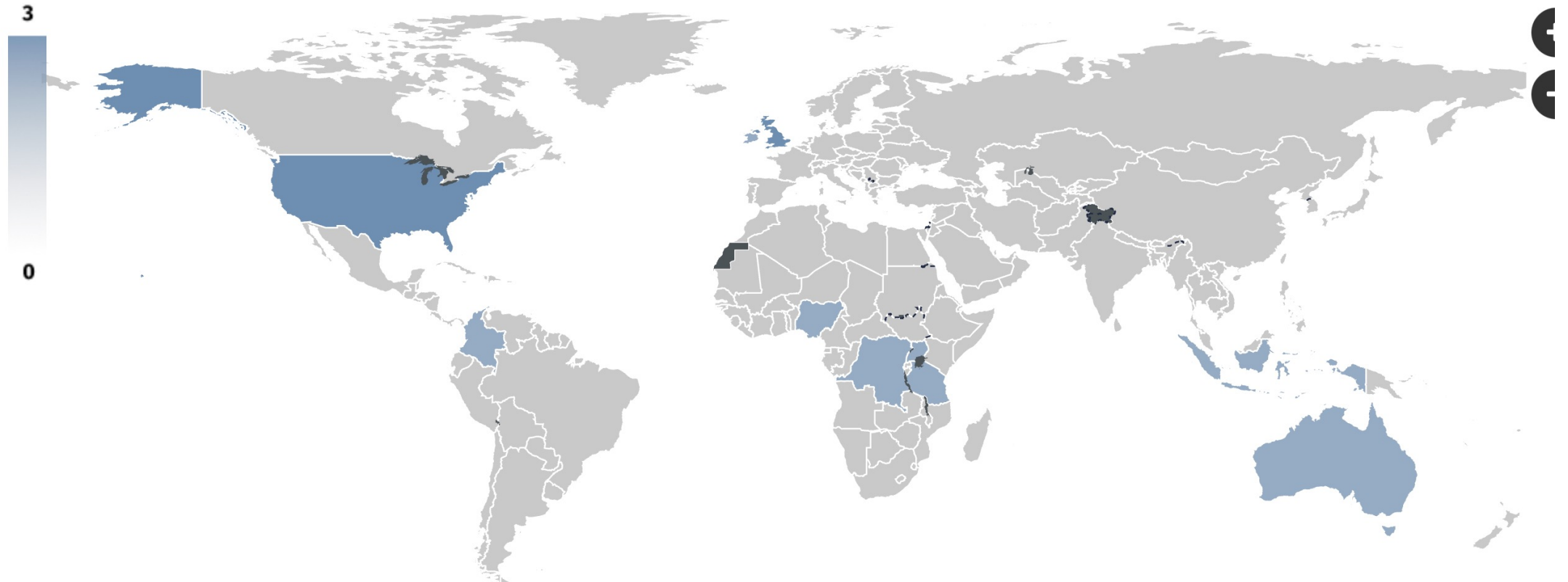
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## Featured Projects



**STAY TUNED AS WE ARE TRIALLING  
THE MODEL WITH COUNCILS**

**AND WE ARE DEVELOPING A SUITE OF  
PROJECTS TO ENGAGE KIDS IN  
LEARNING ABOUT FOOD SYSTEMS**

**THANK YOU**

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