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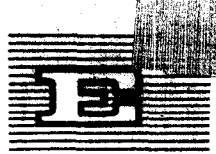
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UNITED NATIONS
ECONOMIC
AND
SOCIAL COUNCIL



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E/ICEF/R.675
5 February 1959

ORIGINAL: ENGLISH

UNITED NATIONS CHILDREN'S FUND
Programme Committee

Recommendation of the Executive Director for an Allocation
ISRAEL
Child Nutrition^{a/}

1 The Executive Director recommends an allocation to Israel of \$31,000 to help the Government's integrated programme of nutrition and nutrition education, and to facilitate a survey to be made in the summer of 1959 of dietary habits among new immigrants and in certain rural groups with special nutritional problems. UNICEF would provide supplies and equipment to strengthen training work in the College of Nutrition and Home Economics and to augment school gardening activities; for field training in nutrition and home management, and for school feeding supervisors; and stipends for a doctor and for students who would be engaged in a nutrition survey and for advanced training of two supervisors engaged in the school feeding service.

The cost to the Government in connexion with the survey is estimated at the equivalent of US\$4,800. Additional expenditures, supplementing the present budget for nutrition education and child feeding activities, are estimated at the equivalent of US\$36,200 for the year 1959/60.

The Government has developed a substantial nutritional programme which is described briefly in the Annex to this document. Teaching in nutrition and home economics is provided in elementary and secondary schools, in agricultural and vocational schools, nursery schools, MCH centres, youth centres and through various women's organizations. To supplement and enlarge the staff of qualified teachers, the Nutrition Department of the Ministry of Education and Culture

^{a/} First request for UNICEF aid to this project.

established in 1953 a College of Nutrition and Home Economics which has so far graduated 74 students. Since 1925, the Government has operated a school feeding service which now provides 120,000 children with a daily luncheon, and 65,000 children with a supplementary daily cup of cocoa milk in 1,373 schools and nursery schools. UNICEF helped the feeding programme from 1949 to 1952 and has helped to equip five dairy plants from which free milk sufficient for 87,500 children is channelled into the child feeding projects.

The need for a nutrition survey

1. Among the many problems facing the Government in connexion with continuing immigration is the problem of receiving and integrating ethnically heterogeneous groups with widely differing food habits into a country which is far from self-sufficient in essential foodstuffs. The rationing system, although scientifically designed, cannot take account of the great variety of dietary habits among the incoming groups, and as a result nutritional deficiencies have occurred among large groups of the population. The situation has gradually improved over the years but still requires considerable attention.

2. Studies carried out by various Government agencies including the Ministry of Education and by the Hebrew University have guided the development of nutrition activities. However, food consumption studies have been restricted primarily to wage-earning families in urban and semi-urban environments, and there is a need for further information on food habits and the nutritional status of the rural population. Medical authorities report an increasing incidence of anaemia, especially among children and nursing mothers, and the possibility exists that this may be due to malnutrition. In recent settlements, where agricultural skill and land development have not yet reached a high level, and where the distance to urban markets is great, the food supply is limited and monotonous. These communities are often settled by ethnic groups who require guidance in the selection and preparation of locally grown foods. To find these groups and to discover their specific nutritional needs are the aims of the proposed survey which would then guide the development of a nutrition programme adapted to the respective cultural patterns of the areas surveyed.

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Plan of OperationsNutrition survey

6. In preparation for the survey, the Central Bureau of Statistics and Economic Research will select a sample of perhaps 600 rural families representative of the total population with regard to country of origin and length of residence in Israel. The first stage of the survey will be a food consumption study to be made by 20 senior students of the College of Nutrition and Home Economics, under the supervision of the Director and staff of the College. The students will be given one week of preliminary field training in methods of interviewing families and checking information received. The purpose of the survey is to determine the dietary practice and normal food consumption of each family over seven consecutive days. The fact finding will require about three weeks, each student working in a different village. Another week will be used to summarize and make a preliminary evaluation of the data. The material will then be further analyzed by the Bureau of Statistics, by the Weizman Institute and by the College.

7. The second part of the survey will be a study of the same 600 families to find, by clinical examination, any signs of nutritional deficiencies. This work will be carried out over a period of six months by a physician. An authority in medical nutrition at the Government Hospital in Sarafand will supervise this study in which 1,600 persons will be examined. UNICEF is asked to provide a stipend for the physician chosen to do this study.

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The third stage of the survey will be the laboratory examination of blood samples collected during the clinical survey, and a compilation and evaluation of results. Laboratory studies, including experiments with animals on typical diets found during the survey, will be conducted by three senior students of medicine or biology in the nutrition laboratory of the Medical School over a period of two months. The use of students in this survey will serve the dual purpose of providing young professional workers with training in practical aspects of nutrition and teaching them to recognize and evaluate the extent and significance of nutritional problems they will encounter in their future work. Since the great majority of these students would normally be employed in summer camp work during the summer vacation period, stipends are requested for the twenty nutrition and home economics students (at the equivalent of \$5 per day for five weeks) and for three senior medical students engaged in the analysis of results (at \$120 per month for two months).

The College of Nutrition and Home Economics (See Annex, paras. 3 and 4)

Most students of the College are being trained to teach nutrition in conjunction with the school feeding service. The present equipment used to demonstrate quantity cooking is inadequate and the College intends to enlarge its kitchen demonstration area. The Government hopes also to provide all schools with new kitchens, gradually replacing old equipment with modern work tables, counters and trays. UNICEF is asked to provide materials for the local manufacture of equipment for the College demonstration kitchen and a compressor to supplement locally available refrigeration equipment for a cold counter.

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Field teaching

1. The field teaching project conducted by the Nutrition Department of the Ministry of Education and Culture will be continued and expanded. To provide additional workers for this activity, the College operates eight-month courses for young women with some previous experience in the field. The project, which includes the organization of classes, demonstrations and exhibits for homemakers in the proper use and preparation of food for the family, will be gradually enlarged and extended into rural areas, operating from three main centres at Jerusalem, Tel Aviv and Haifa. An additional graduate home economist will be added to the staff, and UNICEF is asked to provide two station wagons for use in Tel Aviv and Haifa to transport food materials, exhibits and staff for practical demonstrations in centres, school kitchens and other facilities.

Supervision of school feeding (See Annex, paras.5 and 6.)

1. The school feeding service is expanding rapidly and the Government intends to strengthen supervision over it in order to improve standards and leadership. For this purpose, a few of the supervisors now working in the field will be elected for an additional year of training at the Hebrew University in Jerusalem, the training to include chemistry, biochemistry, bacteriology, botany, physiology, and nutrition, as well as education, psychology and anthropology. These supervisors would, on completion of their studies, continue on the permanent staff of the Nutrition Department. UNICEF is asked to provide two stipends of \$1,500 each for 1959/60.

2. A vehicle is also being requested to help improve the supervision of the school feeding service in the northern districts of the country, where transportation is particularly difficult. Supervisors and their assistants make frequent visits to all schools benefiting from the service. Transport is shared with other Government services and is not sufficient to meet the growing needs. It is believed that the provision of independent transport would at least double the capacity of this supervisory service.

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S chool gardens and agricultural clubs (See Annex, para.7.)

l The number of school gardens and school agricultural clubs is continuously increasing. The size of a garden is normally about one acre. The garden plot of a club is usually about two acres and each plot produces several tons of potatoes and other vegetables yearly. Where poultry and animals are kept, some thousand eggs and 500 litres of goat milk are produced per year. One problem is to provide sufficient irrigation for these plots and UNICEF is asked to provide water pipes and fittings, as well as tools and equipment not locally available, for twenty new school gardens and for five new agricultural clubs. UNICEF would also provide one small tractor and accessories for a demonstration and a serving several agricultural club farms.

U UNICEF commitments

l UNICEF would provide the following for the year 1959/60:

	<u>US\$</u>
a) <u>Equipment for the College of Nutrition</u> (paragraph 10)	2,620
i) steel sheets, for sinks, tables, counters, trays and other kitchen utensils	2,430
ii) compressor for cold counter	190

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UNICEF commitments (continued)

	<u>US\$</u>
brought forward	2,620
b) <u>Transport</u> (paragraphs 11 and 13)	7,000
Two station wagons for field teaching service, and one station wagon for supervision of the school feeding service	
c) <u>For school and agricultural club garden activities</u> (paragraph 14)	10,250
i) Pipes, fittings, tools and equipment for twenty gardens at \$250 per garden, and for five agricultural clubs at \$450 per plot	7,250
ii) 35 h.p. tractor and accessories (paragraph 12)	3,000
d) <u>Contingency</u>	810
Total for supplies and equipment	<u>20,580</u>
e) <u>Freight</u>	2,100
f) <u>Stipends</u> (paragraphs 8, 12, 15 and 18)	8,220
For 20 nutrition and home economics students, for 3 medical students, for 2 school feeding supervisors and 1 clinical analyst	
Total recommended allocation	<u>31,000</u>

Technical approval and participation of FAO and WHO

15. This project has the technical approval of FAO and WHO. The establishment of the College for Nutrition and Home Economics was made possible through material assistance and technical guidance by FAO, and the proposed project was worked out in collaboration with an expert from FAO Headquarters.

Government commitments

16. See paragraph 2 above.

ANNEX

Present nutritional activities of the Government of Israel

1 The main nutrition activities of the Government, carried out under the auspices of the Nutrition Department of the Ministry of Education and Culture, are an outgrowth of work initiated in 1925 by the Hadassah Women's Organization of America, which set up a school feeding scheme and established nutrition education for women. The Nutrition Department has extended school feeding so that it now reaches into both urban and rural areas, and has developed a field teaching programme through MCH centres, clubs and other facilities, which gives women in urban and semi-urban areas practical and theoretical training and demonstration in nutrition and management of the home. Particular emphasis is given to instruction in food composition and preparation. This activity, at present conducted by five full-time and two part-time home economists, graduates of the College of Nutrition and Home Economics in Jerusalem, is carried out in 3 maternal and child welfare centres in the Haifa, Tel Aviv and Jerusalem areas, and in sixty women's clubs and school dining rooms. This work is done in close cooperation with the Ministry of Health.

2 The Nutrition Department of the Ministry of Education and Culture also cooperates with other Government agencies in extending nutrition education. Though governmental coordination of nutritional activities is not fully developed, it is gradually being achieved through ad hoc committees comprising representatives of the agencies concerned. Greater efforts are now required to reach more women in rural areas. The Ministry of Agriculture has recently organized a home economics extension service which is setting up a programme of training for village workers in food production, food preservation and child care. Instruction in nutrition will eventually be included in this training scheme, in cooperation with the College of Nutrition and Home Economics.

College of Nutrition and Home Economics

3 Fifty students are now enrolled in this institution which was established with assistance from FAO with the aim of training elementary and secondary school teachers in nutrition and home economics, augmenting nutritional training of professional workers and giving guidance in nutrition to housewives and young women. Three courses are offered:

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- a two-year course to prepare students to work in elementary schools; (of the 74 students who graduated in the period 1955-58, fifty-two have been assigned to such work.)
- a third year of training for those who wish to become dietitians; (13 have been graduated.)
- a course to prepare students as teachers of nutrition and home economics in secondary and vocational secondary schools. (The curriculum for this course is now being developed and may become a four-year course.)

4 The staff of the College are also engaged in a variety of other activities. Short courses are arranged from time to time for elementary school teachers and for public health nurses, hospital nurses and village workers. Beginning last year, eight-months' courses were also started at the request of various agencies (the Jewish Agency, the Ministry of Labour and women's organizations) to train instructors for urban and rural settlements of new immigrants and for youth centres. The College publishes a monthly journal of nutrition intended for all workers in the field. Finally, the Dean of the College (who is a member of the joint FAO/WHO Expert Committee on Nutrition for Europe) and her teaching staff are frequently called upon to participate in advisory committees on nutritional problems.

School Nutrition

5 School lunch schemes are currently in operation in 422 schools with school kitchens and in 951 schools and nursery schools which receive their food from a central kitchen or from another school with cooking facilities. In total, 88,000 school children, 29,000 children of pre-school age (4-6 years of age) and 3,000 under the age of three years benefit from these services. On an average, the school luncheon provides between 35 and 60 per cent of the daily requirements of a child. In addition, 116,000 children benefit from a supervised food service in 10 children's institutions. About half of the school children also receive full meals during one-month summer camps organized by the Ministry of Education. In selected schools throughout the country the Government also provides a daily cup of cocoa-flavoured skim milk to a total of 65,000 children.

6 School feeding is under the direction of the local authorities, but is subsidized by the Ministry of Education. The Ministry has a staff of ten supervisors and twenty assistant supervisors who guide the service with respect to teaching methods, organization, meal composition, etc. and report monthly to the Chief Supervisor in the Ministry. A full-time teacher in nutrition and home economics is employed in schools with teaching kitchens; these are the schools with at least seventy pupils in the three top grades. Meals are prepared by the pupils under the guidance of this teacher, or, in smaller schools, by a kitchen

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anager or at a central kitchen. Nutrition teaching is very closely related to his feeding service, including practice teaching during the preparation of meals, and lessons in nutrition theory as part of the curriculum for the three top grades. Children in the higher grades take turns in meal planning, food preparation and serving. This service reaches at present about one third of the school population, and the Government plans to expand the project to an additional thirty to forty schools each year, of which twelve to fifteen would be equipped with teaching kitchens.

School Gardens

A system of school vegetable gardens has been developed by the Ministry of Education and there are at present some 650 schools in the country in which children in the fourth to sixth grade are being taught the elements of vegetable growing. The Government employs 800 full- or part-time teachers for this purpose. For smaller schools with inadequate grounds, one garden serves several schools. The Government has also developed school farms in the urban areas of Bersheba, Jerusalem, Ashkelon, Ramatgan, Tel Aviv, Haifa, Affula and Natania. Children in the two upper grades of elementary school who have a special aptitude for school garden work are given additional theoretical and practical instruction during or outside of school hours, through agricultural clubs, of which there are at present 55. The produce of the school gardens and farms are used for the most part in school feeding. The plan is to add twenty to thirty gardens each year.

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