



**Speech at the closing ceremony of
International Congress of Dietitians 2012 Sydney**

Leadership in Dietetic Education:

**Discretionary treatment and workplace
research capability of dietitians**



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- **Dietitians should not just follow the figures in the tables provided by experts but they themselves should calculate dietary requirements. In other words dieticians must have discretionary power. However, discretionary power also involves responsibility. To support this responsibility, education in conducting research in the work place is necessary but this has been limited.**
- **Although developing countries try to follow information about nutrition and health from western countries, their problems are often very different. Furthermore, developed countries themselves have major problems such as obesity and metabolic syndrome in spite of intensive research employing modern technologies.**
- **These facts show that research in applied nutrition fields is limited world-wide, especially research by dietitians. Each country must have more applied nutrition research and to achieve this we have to re-consider education for dietitians.**



Japanese School Lunch

- **Finally I like to show the successful school meal program by the **various activities of dietitian including researches.****
- **There are important political systems, too.**
- **Children have become to appreciate the foods and the leftover foods reduced greatly.**



Establishment of NUTRITION TEACHER in schools

School Education Law

- 1. Each elementary school appoints principal, vice-principal, teachers, nurse-teacher . The school can also a nutrition-teacher.**
- 2. Teachers provide education to children.**
- 3. Nurse-teacher provides nursing to children.**
- 4. Nutrition teacher participates in guidance and management of school lunche.**

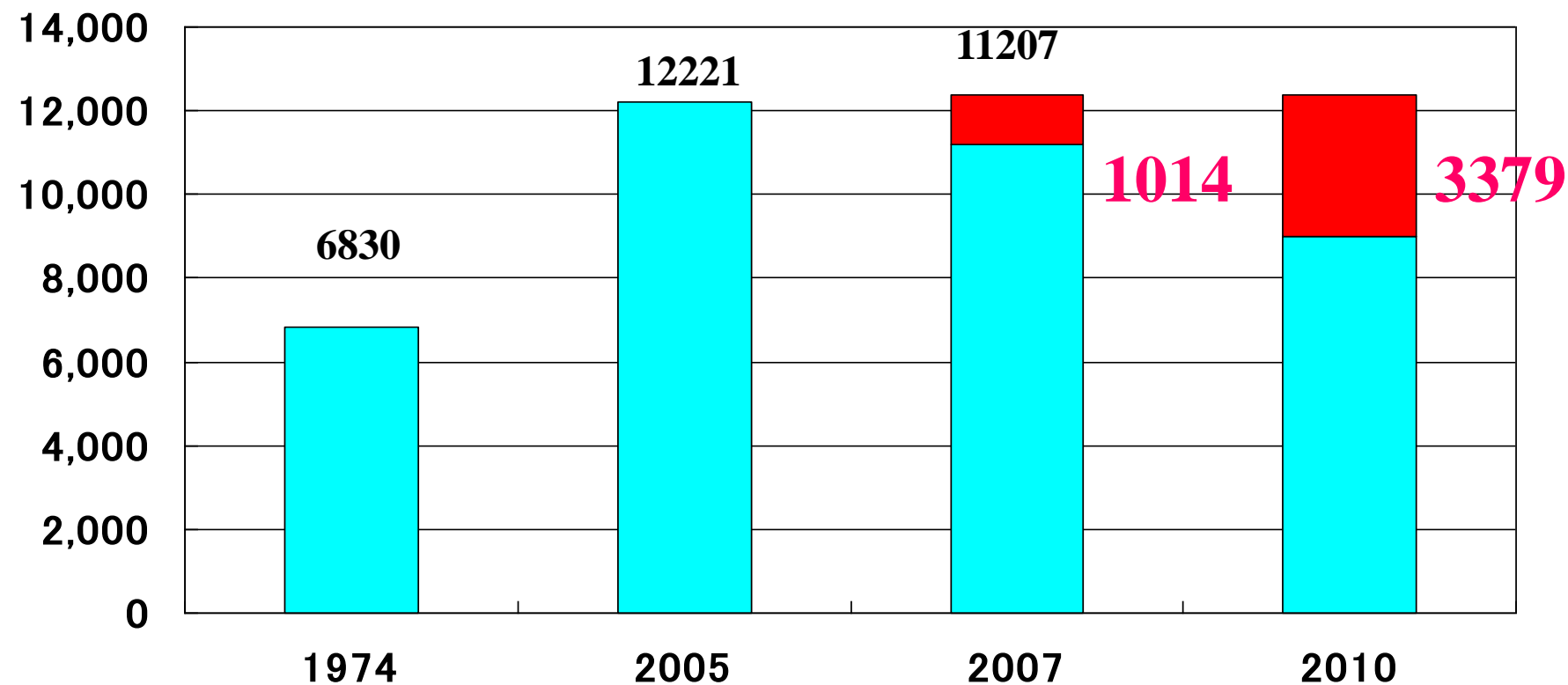


Allocation of School Dietitians and Nutrition Teachers

Number

■ School dietitian

■ Nutrition teacher

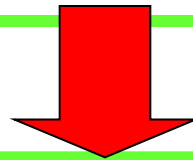


*Number of nutrition teachers was 1014
(National school 37, prefecture schools 977) in 2010)*

School Meal Law

From School Dietitian to Nutrition Teacher

Old definition: School dietitian must hold a dietitian license and be a specialist with sufficient knowledge and experience in school lunches.



New definition: School dietitian must hold a **license as a Nutrition Teacher** or dietitian and be a specialist with sufficient knowledge and experience in school lunches.

Basic Law on Shokuiku

What is it? It is a Japanese NEW BASIC LAW . Shokuiku is defined as acquisition of knowledge about food and nutrition, as well as the ability to make appropriate food choices through various experiences related to food, in order to develop people's the ability to follow a healthy diet. In addition, the law calls for promotion of SHOKUIKU toward a richer lifestyle based on life-long cultivation of a healthy mind in a healthy body. No one can live without food, therefore, the targets of the Act are not only children but citizens of all ages.

www.maff.go.jp/english_p/shokuiku.pdf

School lunch is a good tool to put class-room knowledge into practice (shokuiku)

Knowledge learned in classes

Eat meal with interest



School lunch becomes a topic at home, which improves dietary life-style



Effective use of school lunch repeated more than 190 times a year for education

Through guidance with purpose and a plan, children acquire practical knowledge that will reach to their families.

Nutrition teacher or school dietitian can make practical materials for education. Cooking is not their main task.



Farmers are introduced in the “School Lunch Newsletter”



Strawberries from Izumida family



Tomatoes from Iitsuka family



Eggplants from Ms Aoki



Leeks from Mr. Yasuo



I don't like potatoes, but I will eat this potato.



A farmer is teaching the children about traditional foods. Dietetics teacher introduces local dishes.



In 3rd grade social studies class 小学3年「社会科」のクラスで