

INTERNATIONAL SCHOOL MEALS DAY



Thursday 11 March 2021

Eat for the *health* of it

Think about your favourite food, along with nutrition projects you've been part of, and learn about which foods make you feel healthy, give you more energy or help you learn better.



Get involved: @intschoolmeals | #ISMD2021 #MyFood
www.internationalschoolmealsday.com



Scottish Government
Riaghaltas na h-Alba
gov.scot

Celebrate the **9th International School Meals Day** on: **Thursday 11 March 2021**

www.internationalschoolmealsday.com



International School Meals Day (ISMD) encourages children and young people around the world (with support from their teachers and families) to connect and talk to each other about the food they eat and the role that it plays in their lives.

In 2021 the theme is 'Eat for the health of it'.

It invites young people and adults to explore affordable, nutritious foods and the links between food/nutrition and children's physical/mental health.

This year's theme also encourages pupils to think about their favourite food, along with nutrition projects and activities they've been part of, and to learn about which foods make them feel healthy, give them more energy or help them concentrate better at school, at home and when they are doing activities.

This year is also the UN International Year of Fruits and Vegetables (IYFV), which will raise awareness of health and nutrition as well as food sustainability.

Thinking about favourite foods, developing nutrition projects and discussing where food comes from and who provides it all offer opportunities to share time with family, friends and your community.

We would love you to share your learning and activities with us!

Maybe it's a favourite family recipe, or food provided at school or when learning at home.

Through the written word, drawings or photographs, pupils can share their stories.

In the run-up to International School Meals Day, you can encourage young people to think about and discuss this topic in the way that is best suited to your learning environment.

The main thing is to celebrate the rich diversity of meals that is sure to exist in every school community, and to enjoy ISMD!

Stories and pictures will be featured on the website and on Twitter, so follow **@IntSchoolMeals** and the hashtags **#ISMD2021 #MyFood**

Supporters of ISMD since 2013:

Association for Public Service Excellence; Association of Service Solutions in Scotland; BBC World Class; British Council; Children in Scotland; Children's Food Trust; Countryside Classroom; Education Foundation; Education Scotland; Food For Life; Global Child Nutrition Foundation; Mary's Meals; Northern Ireland School Caterers Association; No Kid Hungry (Share our Strength); Lead Authority in Education Catering; Scottish Government; Skype in the Classroom; USDA; Welsh Assembly; and World Food Programme.

