

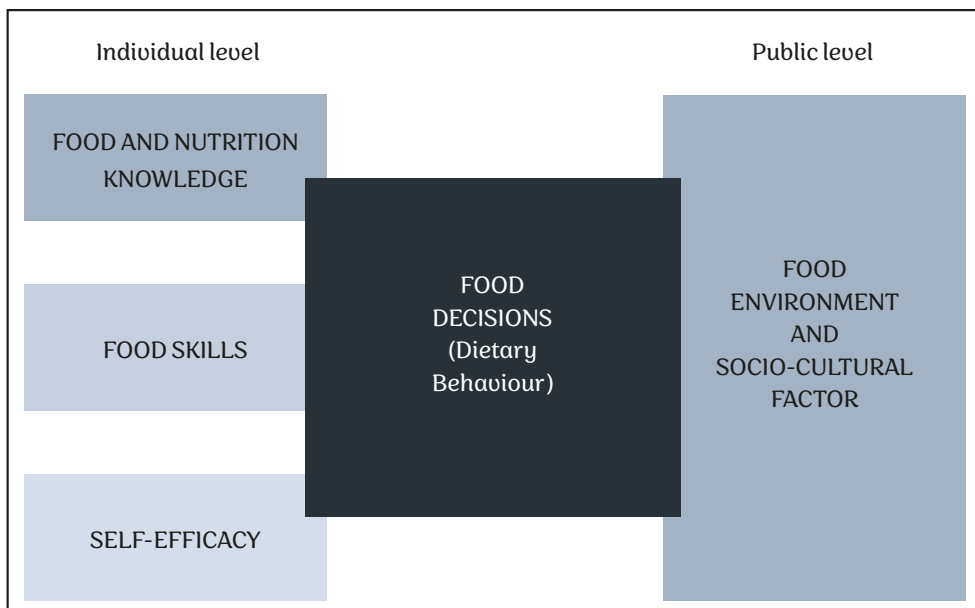
# COMPONENTS OF THE TÜRKİYE FOOD LITERACY STRATEGY AND ACTION PLAN

#foodliteracy #beingfoodliterate #gidaokuryazarligi #gidaokuryazariolmak

**FOOD LITERACY** consists of the following components, which are divided into various categories and are closely interconnected:

1. Information about food and nutrition
2. Food preparation skills
3. Self-efficacy
4. Decisions on food
5. Food environment and socio-cultural factors

The components mentioned above form the basis of Türkiye's Food Literacy Strategy and Action Plan. Actions included in the Strategy and Action Plan.



CATEGORIES	ATTRIBUTES
Food and nutrition knowledge	<p><b>Food knowledge</b></p> <ul style="list-style-type: none"> <li>- Understanding the diversity within all food groups.</li> <li>- Knowing where food comes from and what it contains.</li> <li>- Knowing the sources of access for accurate information on food.</li> </ul> <p><b>Nutrition knowledge</b></p> <ul style="list-style-type: none"> <li>- Understanding the nutrients in food and how they can affect health.</li> </ul> <p><b>Food and nutrition language</b></p> <ul style="list-style-type: none"> <li>- Understanding words describing the nutritional characteristics (e.g. high fibre, low sodium, etc.) and preparation (e.g. sauté, etc.) of food.</li> </ul>
Food skills	<p><b>Food skills</b></p> <ul style="list-style-type: none"> <li>- Being able to prepare meals throughout life using basic skills such as chopping, measuring, cooking, reading recipes and food safety.</li> </ul>
Self-efficacy	<p><b>Nutrition literacy</b></p> <ul style="list-style-type: none"> <li>- Being able to distinguish between reliable and false nutrition information. Knowing how to find credible nutritional information (e.g. reading a food label).</li> </ul> <p><b>Food and nutrition self-efficacy</b></p> <ul style="list-style-type: none"> <li>- Believing in the ability to use knowledge about food and nutrition when selecting, purchasing and preparing food to make healthy choices in a complex food environment.</li> </ul> <p><b>Cooking self-efficacy</b></p> <ul style="list-style-type: none"> <li>- Having confidence in the ability to use cooking techniques and prepare delicious meals with available food.</li> </ul> <p><b>Food attitude</b></p> <ul style="list-style-type: none"> <li>- Wanting to learn how to prepare food, develop a healthy relationship with food, and respect food traditions and culture.</li> </ul>
Food environment and socio-cultural factors	<p><b>Food systems</b></p> <ul style="list-style-type: none"> <li>- Raising awareness of the impact of the food system (e.g. cultivation, production, transportation, preparation, consumption and disposal of food products) on individual health, wider societal and economic well-being, and the environment.</li> </ul> <p><b>Socio-cultural factors and nutritional practices</b></p> <ul style="list-style-type: none"> <li>- Understanding the influence of socio-cultural values, norms and beliefs on food choices and cooking practices, having social support to learn and share food skills as well as support for cultural and family food practices.</li> </ul>
Food decisions	<p><b>Dietary behaviour</b></p> <ul style="list-style-type: none"> <li>- Making healthy food choices.</li> </ul>

# TÜRKİYE FOOD LITERACY STRATEGY AND ACTION PLAN



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## Vision

Contribute to global consumption and production and to the sustainability of the agri-food system by supporting food literacy.

## Mission

Ensure access to healthy food for people in Türkiye and promote a healthy sustainable diet by implementing intersectoral policies within the scope of the Food Literacy Action Plan

## Strategic objectives

- To develop food literacy skills
- To provide accurate and up-to-date information on food safety and nutrition
- To prevent the spread of misleading information about food
- To develop a consumer-centred approach in providing food and nutrition information
- To raise awareness about food systems.

## SCOPE

- Provide access to accurate information on food and nutrition.
- Prevent misleading information.
- Provide easy-to-understand and sufficient knowledge, skills and competencies about food.
- Empower consumers by enabling them to make the right decision about food.
- Involve society and individuals in the prevention and control of malnutrition-related diseases (obesity, nutrient deficiencies, food-borne diseases, etc.) through food literacy skills.
- Develop among consumers the ability to make healthy choices through multi-component interventions, taking into account the needs of different age groups, genders and socio-economic groups.
- Develop and implement Food Systems policies that improve nutritional quality, and food and nutrition security.



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## GOALS

### Consumer-centred food literacy to improve food and nutrition knowledge and skills:

- Improve consumer decision-making and eating behaviour for better health and well-being
- Enhance consumer skills to read and evaluate information presented on food labels, social media or other resources.

### Raising awareness about:

- nutritional diversity and quality
- food waste reduction
- food literacy
- sustainable food systems
- sustainable management and use of ecosystems, natural resources, water and biodiversity.



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