International Section

Review of Articles

Mrs. Lieselotte H. Ornellas, of the Brazilian Association of Nutritionists, presented the committee report on "Nutritional Education" at the Latin American Congress of Food and Socio-Economic Development, December, 1969, in Sao Paulo, Brasil. Some key recommendations of this committee were:

1. Applied nutrition programs, developed by qualified people, need to be carried out through co-ordinating activities in the areas of agriculture, education, food, nutrition, and health.

2. Private enterprises, especially those in the food industry, should participate more intensively in improving the nutrition standards of rural communities.

3. Duly qualified nutrition specialists should be included on the staffs of the food industries which are taking part in the selection of products and the teaching of the consumer.

4. Federal, state, and municipal governments should increase their budgetary allocations to all educational programs, especially those concerned with the eradication of illiteracy.

5. Federal, state, and municipal authorities must make it mandatory for new buildings to include adequate facilities for kitchen, pantry, and restaurant. Concomitantly, they must insure that programs using these facilities, such as school feeding programs, be directed by nutritionists.

6. Permanent priority should be given to the hygiene and nutrition education aspects of mass communication programs.

For complete reports of all Congress proceedings, please write directly to: Dr. Walter J. Santos, Director, O.E.N.G. da Brasil, Rua Senador Danton 7a-7 andee, Rio de Janeiro, Brasil.


Drs. Davey and McNaughton propose that in any program designed to produce change, three stages are necessary.

The first is understanding by the population that a change is necessary. The second is acceptance that the change would be desirable and beneficial. The third is putting the change into effect.

The first stage involves possibilities for improvements of the food production capacity, the marketing and distribution of the country as well as the purchasing power of the future.

In the second stage, the authors are concerned that frequently the basic facts of the science of nutrition are used rather than delving into the emotional motivations for change. In an illiterate population, the number of changes should be kept to a minimum and should be very simple. They give the example of suggesting that the children be given a third meal in the day. No change in the usual foods is suggested. It would not solve all the nutritional problems but would effect an improvement.

The third aspect concerning methods must take into account the socio-cultural factors. The authors point out that people working in the field of food promotion seem to be much more aware of the importance of psychology in relation to motivation than do most nutrition educators.

The nutrition education programs must be allowed to fit each target group. It would call for several different approaches in each country. The programs for school children and older children will provide information on nutrition science while village extension programs may concentrate on motivating the villages to introduce one or two improved food practices that will fit into the traditional cultural pattern.

In conclusion, the authors point out that nutrition education as a potential contribution to the economic development of a country should not be overlooked. In addition to the increased working capacity of a better nourished worker, there is increased consumer demand for foods which will in turn call for increased food production. These are factors that fit in the agricultural and economic development plans of most countries.

Household Food Consumption and Expenditure: 1967 with a supplement giving preliminary estimates for 1968. Annual report of the National Food Survey Committee 1969. Her Majesty's Stationery Office, 49 High Holborn, London WC 1, England, 200p. The National Food Survey Committee annually publishes information on food consumption and expenditures. This issue shows a demand for main foods over the period of 1962 to 1967. It also compares the changes of consumption of convenience foods from 1966 to 1967. Preliminary comparisons with the new recommended intakes of nutrition are also included.

Book Reviews


These two publications were prepared for the VIII International Congress of Nutrition held in Prague in the Summer of 1969. They were prepared to inform others about the highlights of the research conducted at the Institute. By publishing these surveys, it is hoped that new scientific contacts can be made and that the Czech scientists can establish cooperation with others carrying on similar work. Copies of these publications are available by request to Director Professor MUDr J. Musek at the Institute of Human Nutrition.


This conference was sponsored by the Republic of Kenya and the United States' Agency for International Development. The United Nations also participated.

Dr. Jacques M. May, author of the series of books on ecology of malnutrition, was one of the conveners of the conference. The information included in this conference follows along the same lines as his books. There is a report on nutrition in each of the 10 participating East African countries. The information given about each country includes geography, resources, population, and nutritional status and problems (including customs and traditions).

Many of the nutrition education programs are outlined in considerable detail. This would be a valuable book for anyone planning to work in Africa or students studying world nutrition problems.

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