

KERI Grant Winner

Julie Joy (Tom) CDN. RD. IAAND.KERI

Kids Eat Right International UAE

Adapted and translated ppt presentation of *Healthy Schools. It's a Team Effort*



First and foremost, let me thank our reputed and prestigious academy and president madam Ms. Esther, earlier presidents and forth coming president all leadership team and our UAE representative for providing me this opportunity to work in this Kids Eat Right International KERI.

On behalf of UAE Abu Dhabi we use this opportunity of conveying our regards to all our IAAND countries members.

The mini grant has provided me an opportunity to advocate and empower the role of registered dietitian nutritionist part in school Nutrition and kids eat right international initiative. Able to promote KERI IAAND in UAE Middle East am glad to be part of it.

The grant enabled me to conduct training to 80 teachers of preschool, grade 1-10th grade thereby reaches 1500 students and their families.

It was quite satisfying task aiding them to clear their Nutrition and Dietetics related enquires, misunderstandings, how to improvise, rectify the food related troubleshoots areas, food packing plastic reduction, minimize cost of real healthy food, reduce food waste, importance of going organic, health issues and related recommendations, food groups and serving size importance, difference between junk and real food, how to manage or to reduce sugar and too fatty food and go healthy, prefer healthy fat, teachers and kids physical exercise requirements, movements, proper hydration, importance of healthy food availability and emphasis to families, kids and teachers.

The adaptation emphasized on the above topics related presentation and translation processes involved educated influencer Arabic women and official translator. Main focus on topic Healthy school. It's a team effort and related hand out picky eaters.

Our team I , Ms. Meriza Tom, Ms. Najla, Ms. Reem ensured, provided value and respect to environmental, economic, social, and cultural factors in decision making process. We recognized diversity as our strength too.

The materials were very resourceful to us for highly effective to adapt according to school nutrition requirements for schools/families /teachers /kids. More recent advancement and updated of the above said topics discussed during the workshop.

A global community of dietitian's initiatives spread out to Arab populations, a grant step. KERI material extends widely across the nutrition education communities working with school students/kids in Abu Dhabi and Dubai and all the Emirates UAE but also across the Middle East who speak Arabic and would benefit from the translation in Arabic.

It would enable and empower professional development and promote international collaboration in the global nutrition communities. Commitment to excellence, how to bring out best in us by extensive research on it.

In conclusion, a very enlightening experience working on it and these programs and initiatives are very much appreciated and required to promote.

Noticed in busy modern society these updated resourceful evidence based and adapted material require to stretch out more and result in Healthy schools, families and kids and thereby healthy society! Consequently, guiding out nutrition my plate to schools, resulting in society welfare and individual family wellbeing.

Many steps for instance involved with communication with authorities, Organizing- plan - prioritize and check out the process, control to minimize unnecessary, commitment, issue solving approach, following the policies, procedures and work ethics, elegant sound decent presenting styles, oversee the tasks are some of the executive functional responsible skills required for the success. Being transparent able to reach realistic goals and achievements.

Further reaching out to local community, Dietician and nutritional professionals to use material effectively bring out brighter society.

Last but not least my thanks for our coordinator Ms. Jamie Wise.

Once again, many thanks for this opportunity and our team put our earnest effort.

*School: Nursery, Grade 1-10 Grade students*

*School Toolkit: Healthy Schools. It's a Team Effort*

*Adaptation of Toolkit: Adopted in such a way picky eaters pattern often noticed in other grades too choosing certain groups and restricting other groups. Hence provided importance to cover all the grades and to develop maintain healthy school and related team effort.*

*Translation of Toolkit to Arabic: Ppt for school teachers and students of preschool grade 1-10 graders.*