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Short Communication

FOOD LITERACY PROGRAMMES IN GENERAL POPULATION: A SYSTEMATIC LITERATURE REVIEW

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ABSTRACT

The current review aimed to synthesize the literature on food literacy interventions among adolescents in general population. Food literacy interventions in the general populace have shown to improve knowledge of healthy foods and nutrition. However, evidence supporting food literacy interventions and long-term dietary behaviors in adolescents appear to be limited. More evidence-based research and age-specific food literacy interventions are needed to adequately measure all domains of food literacy.

Key Words:

Adolescents; Dietary behaviors; Food literacy; general population; Systematic review

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INTRODUCTION

Food literacy is a new phenomenon inspired by health educators, nutritionists, and home economists, and it seeks to help people achieve personal health goals. Food literacy enables countries to maintain the consistency of their diets as they adapt and to improve dietary flexibility over time. It is made up of a set of related information, skills, and behaviors that are essential for planning, managing, and selecting foods to meet our body's needs. Again, food literacy refers to an individual's ability to comprehend food in such a way that they cultivate a healthy relationship with it, as well as food skills and activities that can be used over the lifespan to manage, engage, and participate in a complex food system. It is the ability to make decisions that promote personal health and a sustainable food system while considering environmental, social, economic, cultural, and political factors. [1]

Dietary risk factors and noncommunicable diseases are now widely acknowledged as the leading causes of death on a global scale. The rise in large-scale food retail stores and fast-food restaurants, combined with the industrialization of the global food system, has changed the food supply in terms of availability, affordability, and quality. [2]

Food and nutrition literacy are important problems in ensuring the long-term sustainability of the food system, which has a direct impact on public and environmental health. They may, for example, help people improve their eating habits. The concepts of food literacy and nutrition literacy have only recently been recognized due to their relevance to human health. Since they are vital to human health. Our diet was largely determined by our ability to hunt, evolve, and reproduce for a long time. Despite widespread interest in foods and diets, consumers in today's culture are becoming increasingly detached from nature and the foods it produces. [3]

Obesity is a big health concern in the twenty-first century, according to experts. The emergence of preventable lifestyle disorders such as overweight and obesity, as well as cardiovascular disease (CVD), has been related to people's eating habits. Many people are overweight or obese all over the world. The importance of cultivating a healthy eating pattern as a child is crucial in preventing NCDs such as obesity. During adolescence, a healthy diet is essential for physical development, growth, and weight control. Three servings of fruit and four servings of vegetables a day are recommended for adolescents. The majority of teenagers do not eat enough

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fruits and vegetables, preferring instead to eat high-fat, energy-dense, nutrient-deficient foods. Nutrition awareness, cooking skills, eating habits, knowledge of where food comes from, and the ability to prepare safe nutritious foods are all important aspects of food literacy. [4]

Food literacy refers to the awareness, skills, and activities involved in the preparation, ordering, preparing, and eating of nutritious meals and snacks. Evidence suggests that a lack of this expertise and skills contributes to poor diet efficiency. As a result, food literacy is described as a forum for promoting the creation and maintenance of healthy eating habits. To make healthy dietary choices, understanding, attitudes, and behaviors, a person should be food literate. Improving food literacy (food awareness and skills) is a well-established government policy for combating chronic disease and poor dietary habits. [5]

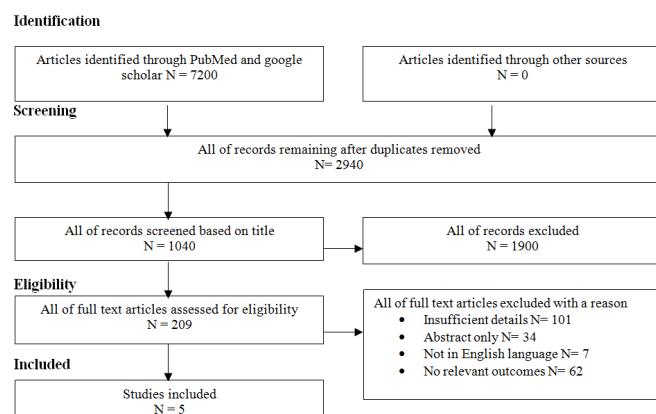
Systematic Review Table

Author(s)/Year/Country	Title	Aims	Study design/ Study population & sample size	Conclusions	Results
1) Maartje P. Poelman <i>et al</i> , 2018, Netherlands.	Towards the measurement of food literacy with respect to healthy eating: the development and validation of the self-perceived food literacy scale among an adult sample in the Netherlands	The aim of this study is to develop and validate the self-perceived food literacy (SPFL) scale, to assess individuals' level of food literacy, including a knowledge, skills and behaviour to plan, manage, select, prepare and eat food healthfully	A cross-sectional online survey was conducted, General adult population of Dutch, N= 911	Higher levels of food literacy were associated with more self-control, less impulsiveness and healthier food consumption. Additional research is needed to validate the SPFL scale in different populations	The participants in the general sample had an average age of 44.8, The majority were women, They had a healthy weight and were highly educated..
2) Indrani Kalkan, 2019, Turkey.	The impact of nutrition literacy on the food habits among young adults in Turkey	The study evaluated the nutrition literacy level in a Turkish young adult population, exhibiting a growing trend in obesity, and investigated whether it had an effect on their food habits.	A cross-sectional descriptive study was conducted, Randomly selected students studying in the Faculty of Health Sciences of Istanbul Aydin University, Turkey, N= 276	The food habits of female participants were better than males; in accordance with their nutrition literacy status. It may be concluded that food habits are influenced by nutrition literacy and therefore stress much be given to increase the nutrition awareness among children youth as well as adults.	For all the three sub-categories of nutrition literacy, the scores acquired by females were significantly higher than males.
3) Virginia Vettori <i>et al</i> , 2019, Italy.	Towards the Implementation of a Conceptual Framework of Food and Nutrition Literacy: Providing Healthy Eating for the Population	This work aims to describe and discuss evidence provided by the literature in order to develop and propose a comprehensive conceptualization of FL and NL to the scientific community	literature review, On articles that focused on the topic of FL or NL	This review clarifies conceptual limits, shows the essence of the meaning of the terms, and proposes an integrative definition of the terms of FL and NL. The idea of F&NL described above is based on the study of a wide range of literature and it was analyzed systematically.	We obtained 14 definitions of NL and 12 definitions of FL; 42 papers presented antecedents and 53 papers contained consequences. We observed that NL could be considered a specific form of FL. In addition, we noted that the consequences of NL are included in the subset of the consequences of FL and the conceptual limits of FL correspond to the outcome of healthful diet
4) Janandani Nanayakkara <i>et al</i> , 2018, Australia.	Senior Secondary School Food Literacy Education: Importance, Challenges, and Ways of Improving	This study is to evaluate food literacy education regarding the importance, roles, and challenges of school food literacy education,	An online survey was conducted, Australian and International professionals N=282	This study highlights the importance of senior secondary school food literacy education and provides some useful suggestions for its improvement from the viewpoint of food, health, and education professionals.	These findings add to ongoing discussions of ways to strengthen school food literacy education and emphasise the value of involving these professionals in such efforts. the respondents strongly supported the need for food literacy education for senior secondary school students.
5) Jadwiga Hamulka <i>et al</i> , 2018, Poland.	Effect of an Education Program on Nutrition Knowledge, Attitudes toward Nutrition, Diet Quality, Lifestyle, and Body Composition in Polish Teenagers. The ABC of Healthy Eating Project: Design, Protocol, and Methodology	This study protocol presents the general approach and details of an assessment of nutritional knowledge, attitudes toward nutrition, diet quality, lifestyle and body composition that have been used to comprehensively evaluate the cross-behavioral patterns covering dietary and lifestyle behaviors in Polish teenagers.	The study was designed in two paths as: a cross-sectional study (covering 1569 students) and an education-based intervention study (464 students) The study population were Polish teenagers.	The study provides evidence-based support for preventive health care to promote normal growth and development of the young population and reduce the risk of diet-related diseases in adulthood by the early shaping of adequate dietary and lifestyle behaviors. The results of the study can be implemented as an important public health action	The results of the study provide evidence-based support for preventive health care to promote normal growth and development of young population and reduce the risk of diet-related diseases in adulthood, by early shaping of adequate dietary and lifestyle behaviors.

Only a small percentage of the population is able to make good food decisions and follow the nutrition guidelines. People who are able to make healthy food decisions on a daily basis in a variety of environments, settings, and circumstances are considered to be 'food literate.' Food literacy has developed as a subset of the broader definition of "health literacy." [6]

Prisma: The databases (Google Scholar and PubMed) were searched using the key words "Food literacy programmes". Initially a total of 7200 articles were found, out of which 4260 were removed due to duplication and not filling my required criteria. A total of 2940 were then screened for eligibility, of which only 1040 were eligible some articles were excluded due to some reasons (insufficient details, not English related, No relevant outcomes) 5 articles were included.

PRISMA diagram



Systematic Review

CONCLUSIONS

In the current systematic review, we reviewed and synthesized the literature on food literacy interventions in general population and reported on the associations among home-economics teachers and adolescents and their effects on dietary outcomes. Food literacy interventions in a general population setting were found to be effective in improving food and nutritional awareness, according to the study. Just one study in the analysis found some evidence of an impact on long-term dietary behavior. The participation in food preparation practices during adolescence and early adulthood was assessed in that research. There appears to be little consensus on the concept of food literacy to date, which has made it difficult to establish a credible and accurate metric. As a result, there is no empirical data on how to measure food literacy in adolescents. The evidence provided in the review suggests that a validated and accurate method to assess food literacy attributes be developed and adopted. To determine dietary habits among teenagers, more high-quality randomized controlled trials and longitudinal studies should be performed.

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Availability of data and materials

Not applicable

Declarations

Ethics approval and consent to participate

There's no need for ethical approval for this systematic review since no patient data will be collected.

Competing interests

There are no potential conflicts of interest.

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