

## Food Literacy in Türkiye

#foodliteracy #beingfoodliterate  
#gidaokuryazarligi #gidaokuryazariolmak

### WHAT IS FOOD LITERACY?

Food Literacy is the knowledge to understand and evaluate food- and nutrition-related information and contribute to better decision-making in order to choose and consume safe and healthy food in appropriate amounts.



### WHY IS FOOD LITERACY IMPORTANT?

The prevalence of malnutrition and diet-related non-communicable diseases (NCDs) is a public health problem around the world. It is therefore a priority for countries to prevent these conditions by empowering people to make informed decisions about their food and diet..

## Food Literacy Is a Tool For,

Preventing malnutrition and non-communicable diseases

Promoting health and well-being throughout life

Accessing a sustainable healthy diet



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## Food Literacy In The Family

Food literacy has a critical role in shaping children's eating behaviours and ensuring they have healthy food choices for dietary diversity and nutritional adequacy.

### FOOD-LITERATE CHILDREN AND ADOLESCENTS

Develop **long-lasting food and nutrition practices and habits** that support a **healthy life** and overall well-being including for their future families



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Become responsible actors who **understand the linkages between food supply and demand**

Are empowered to enact **positive changes in their own food system/environment**

Apply **critical thinking**

# HOW TO PREVENT THE SPREAD OF MISLEADING INFORMATION ABOUT FOOD



As a result of developments in technology, industrialization and increases in education level, economic and social welfare, **interest in food and healthy nutrition** has also increased, with people **becoming more conscious** about their **food choices**.

Increased demand for information has led to a number of **statements and news about food and nutrition**. This information may be presented in the form of food labels or other material accompanying food, or other means of communication, including online resources. **The role of food literacy is to help you assess correctly which statements are correct and to provide sufficient information to prevent confusion.**

One of the most important features of the Food Literacy Strategy and Action Plan in Türkiye is a focus on preventing the spread of misleading information about food by empowering consumers to become food literate. This helps consumers make better decisions about the foods they consume and to enjoy a healthier diet.

## FOOD LITERACY

### IN THE FOOD SYSTEM

**FACILITATES** adaptation to changes  
**DEVELOPS** decision-making skills to participate  
**SUPPORTS** a sustainable environment

### INTERESTING FACTS RELATED TO FOOD LITERACY IN TÜRKİYE ACCORDING TO THE EU BAROMETER SURVEY ON FOOD SAFETY, 2019

Main sources of food safety information for Turkish individuals aged 15 years and over:

TV **(72 percent)**  
Family, friends and neighbours **(48 percent)**  
Social media **(39 percent)**  
Internet (excluding social media) **(32 percent)**  
Newspaper and magazines **(17 percent)**

\* 24% of Turkish people think food safety information is highly technical and complex

\* Trusted sources of food information among Turkish people:

Scientists **(79 percent)**  
Consumer organizations **(71 percent)**

\* Which of the following are the most important factors when buying food?

Ethics and beliefs **(57 percent)**  
Food safety: whether eating the food poses a risk **(51 percent)**  
Nutrient content – amount of vitamins, proteins, sugar and fats **(40 percent)**  
Cost **(37 percent)**  
Where the food comes from **(28 percent)**  
Taste **(27 percent)**

