



केन्द्रीय माध्यमिक शिक्षा बोर्ड

(मानव संसाधन विकास मंत्रालय, भारत सरकार, के अधीन एक स्वायत्त संगठन)

शिक्षा सदन, 17, इन्स्टिट्यूशनल क्षेत्र, राउज एवेन्यु, दिल्ली-110002.

CENTRAL BOARD OF SECONDARY EDUCATION

(An Autonomous Organization under the Union Ministry of Human Resource Development, Govt. of India)
"Shiksha Sadan", 17, Institutional Area, Rouse Avenue, Delhi-110002



CBSE/Dir(ACAD & TRG)/2012

August 23, 2012

Circular No: Acad-51/2012

All the Heads of Institution
affiliated to CBSE,

Subject: Sensitization of students about wastage of food at social gatherings.

Dear Principal,

As per the findings of a study on Assessment of Wastage of Food and Ostentatious Behaviour during Social Gatherings in National Capital Region Delhi sponsored by Department of Consumer Affairs, Ministry of Consumer Affairs, Food and Public Distribution, Government of India, it is estimated that 46% of children below three years are underweight, 79% of children aged 6-35 months have anemia, 23 per cent have a low birth weight and 68 out of 1000 die before the age of one year, and 33% of women and 28% of men have a Body Mass Index (BMI) below normal just because they do not have enough food to eat.

The recommendations of the above study for controlling food wastage focus majorly on **education and awareness**. The report suggests that people need to be educated about the importance of food. Awareness has to be created about the effects of wasting food and how it affects the society where many are malnourished and hungry. *The teaching of Life Skills has become a mandatory part of school curriculum. The importance of food and the ill effects of wasting food should be made a part of the school curriculum so that the children can imbibe the value of food at the young age and develop the habit of respecting food*.

The Board has taken several measures which can be cross-linked to address the problem of food wastage. Schools may use following activities to sensitize children about the need to avoid wastage of food:

- The Board has recently introduced **Value based questions** in classes IX-XII (Cir.No Acad 21 and 22 dated June 19, 2012). The theme of '*Controlling Wastage of Food*' may be assimilated under it to sensitize students.
- The Board has published **Life Skills Manual** for teachers of classes IX-X which have been designed to inculcate Life Skills in students through the activities in areas of Creative and Critical Thinking, Problem Solving, Decision Making, Empathy and Self Awareness, Communication Skills and Interpersonal Skills, Coping with Stress and Managing Emotions. Schools may, while designing activities in life skills, stress upon the prevention of wastage of food by counseling students to exercise restraint when ordering or taking eatables. They should not feel ashamed in asking to pack leftover food in a restaurant.
- The Board has also published **School Health Manuals** in four volumes for classes VI-XII. The activities revolve around six different themes - Knowing your Body, **Food and Nutrition**, Personal and Environmental Hygiene, Physical Fitness, Being Responsible and Safe and Behaviour and Life Skills. Teachers may emphasize the issue of food wastage and ask students to find out the frequently wasted food items and sensitize them as well as others to use these items carefully. Students may take part in deciding healthy menus and the required quantity of items at their homes or while organizing a social gathering.
- The Board has recommended the establishment of the **Eco Clubs** and **Health and Wellness Clubs** in the schools. These can be involved in this campaign to help save food by minimizing food wastage. Students may be told that by minimizing the wastage of food, apart from moving towards achieving self-sufficiency in the food grains, we may also improve our carbon rating.

- In the main curricular areas the theme Food is taught right from class III to class X under '**Environmental Studies** and **Science**'. The contents related to 'Wastage of Food' have been included in the syllabus on Health & Physical Education as a compulsory subject up to Secondary stage (Class XI-XII) and focus has been made on avoiding wastage of food. The teachers must discuss the problem of wastage of food while discussing these themes.
- Apart from the above areas, the Co-Curricular Activities such as NSS and NCC, Debate, Declamation, Creative Writing, Recitation, Poster-Making, Slogan, Theatre etc., which have been made compulsory under **School Based Assessment**, can also be involved in the campaign to reduce food wastage.

Schools are also advised to go through the detailed report of the study conducted by Indian Institute of Public Administration, New Delhi available at: <http://consumeraffairs.nic.in/consumer>

It is requested that schools may direct all the teachers to adapt material from this Report and assimilate it with their activities/study material so as to encourage students to avoid wastage of food. This will go a long way in assisting the country to contain the problem of food wastage.

Yours Sincerely,



(DR SADHANA PARASHAR)
DIRECTOR (ACAD & TRG)

Copy to the respective Heads of Directorates, Organizations and Institutions as indicated below with a request to disseminate the information to all the schools under their jurisdiction:

1. The Commissioner, Kendriya Vidyalaya Sangathan, 18-Institutional Area, Shaheed Jeet Singh Marg, New Delhi- 16.
2. The Commissioner, Navodaya Vidyalaya Samiti, A-28, Kailash Colony, New Delhi.
3. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi- 54.
4. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector-9, Chandigarh- 160017.
5. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim- 737101.
6. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar-791111
7. The Director of Education, Govt. of A&N Islands, Port Blair- 744101.
8. The Director of Education, S.I.E., CBSE Cell, VIP Road, Junglee Ghat, P.O. 744103, A&N Islands.
9. The Secretary, Central Tibetan School Administration, ESS ESS Plaza, Community Centre, Sector 3, Rohini, Delhi- 85
10. The General Secretary, COBSE New Delhi, 6H, BigJo's Tower, A-8, Netaji Subhash Place Ring Road, Delhi - 110034
11. All the Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions.
12. The Joint Director, CBSE, Rouse Avenue, New Delhi.
13. The Education Officers/ AEOs of the Academic Branch, CBSE.
14. The Research Officer (T) with the request to put this circular on the CBSE Academic website.
15. The Library and Information Officer, CBSE.
16. E.O. to Chairman/PS to Chairman, CBSE,
17. DO/ PA to Secretary, CBSE
18. PA to CE, CBSE
19. PA to Director (Acad.)
20. PA to HOD (Spl. Exam)
21. PRO, CBSE

DIRECTOR (ACAD & TRG)