

FOOD

HEALTH



PHYSICAL
ACTIVITY



HØGSKOLEN
I BERGEN

BERGEN UNIVERSITY COLLEGE



National Centre
for Food, Health and
Physical Activity



National Centre for Food, Health and Physical Activity

The National Centre for food, health and physical activity is a newly-established resource centre created as a result of a cooperation between the Ministry of Education and Research and the Ministry of Health and Care Services.

The Centre will help ensure that national education and health policies are initiated and implemented so that all children and adolescents receive equal access to childcare, including to individually adapted, high-quality education in an inclusive environment.

The Centre has a nationwide function and will work holistically and across disciplines in order to promote good health among children and adolescents in Norway. Through its work, the Centre will promote and communicate the importance of good nutrition and regular physical activity for children and adolescents health and learning.

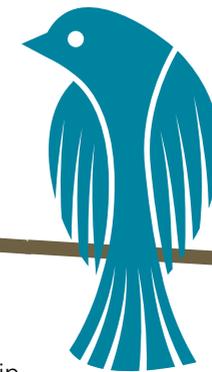
The goal is to reinforce the role of kindergarten and school as health-promoting, preventive and inclusive environments, and to help reduce social inequalities.



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What will the Centre do?

- The Centre will be a resource for the curricular subjects of food and health, and physical education in primary, secondary and upper secondary education
- The Centre will help highlight how nutrition and physical activity can be naturally integrated across disciplines
- The Centre will contribute to help all children and adolescents to experience the joy of food and motion through kindergartens, schools and after school programs
- The Centre will disseminate knowledge of adaptive measures for children and adolescents with chronic illnesses and disabilities within the framework of an inclusive society
- The Centre will create a good psychosocial environment, which enables individuals to participate and experience belonging and mastery
- The Centre will undertake web-based dissemination, counselling and guidance work, based on research, studies and developmental work, with examples in good practice



Target groups

Authorities/owners/managers/personnel in

- Kindergarten
- Primary school, and after school program
- Secondary school
- Upper secondary school
- The public health centre service
- Universities and University Colleges providing associated educational content

User-oriented approach

The Centre's target groups know what needs for resources exist in the various arenas towards which the Centre focuses its work. You are the ones who know where "the shoe pinches". Hence, user-participation is central to the Centre's work, and for us it is crucial that our target groups express their needs and provide the Centre with input. In this way we can also best develop our web-based resources for you.

Bridging

The Centre's work shall include bridging the gap between the health sector and the kindergarten and school sector. The Centre will promote good methods through which kindergartens, schools, the public health centre service and the school health service can enhance the role of kindergartens and schools as healthy and inclusive venues.

The Centre's web site

On our web site we will continually publish content relevant to the Centre's various target groups. This will include practical and educational resources designed for the target groups, guidelines and recommendations, network and organisations, and research and developmental work. The educational resources posted here will be in line with competency objectives in the curriculum, curriculum for kindergartens and national guidelines and recommendations for physical activity and nutrition.

Visit our web site: mhfa.no



National Centre
for Food, Health and
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