Question for written answer E-000472/2025
to the Commission
Rule 144
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Subject: Nutrition education

Nutrition education is vital for fostering healthier lifestyles and addressing the growing challenges of eating disorders and diabetes. Nowadays, unfortunately, most people rely on social media for nutrition information.

Nordic countries include nutrition in health education and home economics classes, integrating practical skills and nutritional science.

Similarly, Japan's *shokuiku* programme emphasises hands-on experience with food, instilling healthy habits from an early age.

Curricula that incorporate nutrition courses can equip students with the knowledge they need to make informed dietary choices, fostering long-term healthy living and reducing healthcare costs. Adopting nutrition education could help to:

– address disparities in dietary knowledge and access to information;

– effectively tackle obesity and food waste in Europe;

– support the EU's commitment to promoting health and well-being under the Farm to Fork Strategy, which aims to create sustainable and equitable food systems;

– invest in Europe's future, given that healthier children are more likely to succeed academically, thrive socially and grow into adults who contribute positively to their communities.

Can the Commission say:

1. whether it intends to promote the exchange of best practices in nutrition-related education in the EU, in accordance with Article 165 of the Treaty on the Functioning of the European Union?

2. whether it is planning additional initiatives to promote education about healthy nutrition?

Submitted: 4.2.2025