



National Institute for Public Health
and the Environment
Ministry of Health, Welfare and Sport

Schools4Health

RIVM, the Dutch National Institute for Public Health and the Environment



Taste Lessons

Dutch: “Smaaklessen”



> About

- For children aged 4 to 12 yrs old (primary education)
- 5 themes: taste, healthy eating, food production, consumer skills and cooking
- Taste Lessons AND Taste Missions



Implementation

- › 39 Taste lessons of 45-60 minutes
- › 12 Taste missions of 6-7 hours
- › In every grade
- › Carried out by the teacher
- › Digital platform





Results and successes so far

- > Extensively researched in large-scale quasi-experimental research
 - Positive effects:
 - Consumption of fruit
 - Consumption of vegetables
 - Knowledge
- > Taste Lessons reaches approximately 75% of primary schools in The Netherlands





Possibility for adaption/transferability



- › Suitable for different contexts
- › Supportive frameworks:
 - Training for professionals
 - Handbook and materials