

Presentation Ceremony on the Competition of National Healthy Weight Program: School Implementation and Teaching Material Awards

(Photos and texts were provided by Zhang Yong-lin from the Division of Student Affairs and Campus Security)



The presentation ceremony of the “National Healthy Weight Consultation and Promotion Program” was held at National Taichung Home Economics and Commercial High School on July 16th. Secretary-general Liu Yuan-ming of the K-12 Education Administration conferred awards to relevant units and individuals and praised their excellent performance; more than 150 school representatives from 22 counties/cities nationwide attended the ceremony to share their achievements and experiences.

In his opening remarks, Secretary-general Liu said that people’s health is the foundation of their nation’s power, and health education should be implemented at early stage of schooling. This time the Ministry of Education (MOE) invited National Yang Ming University to produce related teaching materials for all campuses to facilitate the implementation of student health education. For years, significant effects in student health have been achieved and documented due to the implementation of this program. The MOE hoped to ensure the next generation’s good health though maintaining the sustainability of such program.

The MOE has been promoting top five core values of healthy weight exercises since 2011. It hosted the “Competition of National Healthy Weight Program: School Implementation and Teaching Material Awards” since 2013 to sustain the school health education. In 2014, school nutritionists were invited to contribute their ideas to increase the effectiveness of the Healthy Weight Program on campus. This year, the contestants consolidated the top five core values of healthy weight exercises, and integrated them with the concept of “85210”— 8 hours of sleep a day, 5 different kinds of fruits and vegetables a day, less than 2 hours of time on TV, computers, video games, and phones everyday, 210 minutes of exercise per week, and 1500 cc of water intake a day. Schools throughout the island actively participated in the competition. The grand prize of School Implementation was awarded to Gang-wei Elementary School in Tainan City, Bai-fu Junior High school in Keelung City, and Hualien Industrial Vocational High School; the grand prize of the Teaching Material went to Nan-mei Elementary School in Taoyuan County, Yuan-dong Elementary School in Xinzhu County, Bai-fu Junior High school in Keelung City, and Tou-cheng Home Economics and Commercial Vocational High School.

The prize winner Bai-fu Junior High School designed its teaching project based on “top five core competences of healthy weight”; its three units “Knowledge of Vegetables and Fruits,” “Vegetables and Fruits VIP,” and “Eating Out Wisely” were designed to achieve teaching goals that encompass cognitive, affective as well as psychomotor perspective, thereby integrate learning with students’ daily life.



The school also produced creative videos on autonomous management of healthy weight. Students gained awareness of the campus healthy weight campaign after watching the videos and learned to manage their health autonomously.

Yuan-dong Elementary School in Xinzhu County designed health education course: “Healthy Weight is King,” which included different units such as “Changes— Act on Your Dreams,” “Perfect Weight ≠ Healthy Weight— Knowing BMI,” “Mission of Saving Health— Your Daily Schedule,” and “You’re Special— Respect, Appreciation, and Inclusion.” Such

course was designed to help students understand the importance of weight control. In turn, students would be able to practice these concepts in life and learn to accept rather than discriminate against others because of one's appearance.

Tou-cheng Home Economics and Commercial Vocational High School designed its teaching plan based on three concepts: Health Consultation, Health Tips, and Healthy Happy Workout. Teaching activities such as "Full Check-up on Healthy Weight," "Rainbow Roll DIY," and "Happy Towel Exercise" were developed based on these concepts. Students also got to learn how to stretch their body and relieve their mind wherever they can in a sedentary environment.

The K-12 Education Administration, MOE is concerned with students' health and body weight. Though the implementation of MOE's G1-9 Curriculum Guidelines, schools have



▲Tou-cheng Home Economics and Commercial Vocational High School used "Happy Towel Exercise" to increase students' interest in exercising.

helped students to acquire accurate knowledge of healthy weight and regulated the selling of drinks and snacks on campus. The issue of healthy weight has been included in the mandatory topics of school health implementation programs, which were subsidized by local governments; and has been consolidated into the

overall supervision item of local governments. The MOE also delegated National Yang Ming University to compile supplementary teaching materials and produce related teaching resources to maintain the good health of students. A website on autonomous management of health has been established to provide relevant information on healthy weight; the interested public is welcome to visit <http://action.cybers.tw/>.