

Food Literacy

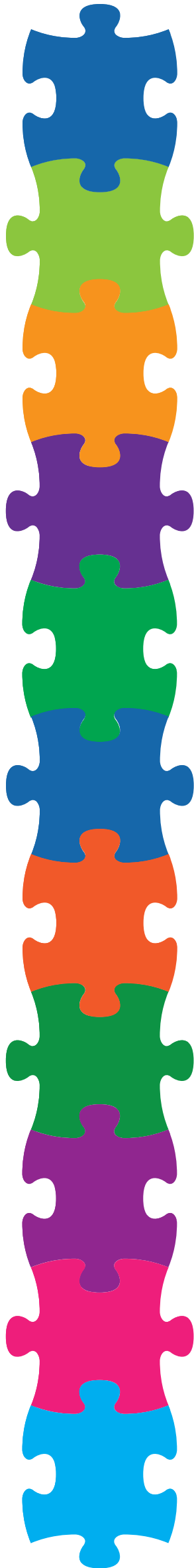


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Key Attributes of Food Literacy



Food Knowledge

To know the variety of foods within all food groups. To know where food comes from and what is in it. To make an informed decision on food choices including what is available locally.

Nutrition Knowledge

To understand the nutrients in food and how these can affect health and wellbeing.

Food and Nutrition Language

To understand commonly used words to describe characteristics of nutrition in food (e.g., high fibre, low sodium) and preparation of food (e.g., sauté, fold).

Food Skills

To be able to prepare meals throughout the life span using basic skills like chopping, measuring, reading recipes, and being food safe.

Nutrition Literacy

To be able to distinguish between credible and false nutrition information. Knowing how to find reliable nutrition information and how to make sense of it (e.g., reading a food label).

Food and Nutrition Self-Efficacy

To believe in one's ability to apply food and nutrition-related knowledge to make healthy choices in a complex food environment.

Cooking Self-Efficacy

To have confidence in one's ability to use cooking equipment and prepare tasty meals with available food.

Food Attitude

To understand one's attitude towards food and trying new foods. Having the desire to choose and prepare healthy and safe food to enjoy at all times.

Food and Other Systems

To have an understanding of how the broader food system and society as a whole impacts an individual's decisions about food and how an individual's food choices impact the broader food system (e.g., buying local food and the impact on local farms or the food industry).

Social Determinants of Health

To understand the social and environmental conditions (e.g., inadequate income and education) that can result in inequities in health status (e.g., adequate income) which can impact the capacity to make decisions about food and cooking.

Dietary Behaviour

To choose healthy food options.

