INTRODUCTION

Happy Traveler Program was launched by the Minister of Health on 21 April 2011 at the Sekolah Wawasan USJ 15, Subang Jaya. The program is conducted in primary schools in every state. As of December 2012, a total of 578 primary schools that have implemented the Travel Happy Hour.

OBJECTIVES

- Improving knowledge and skills of primary school students in practicing healthy eating.
- Improving knowledge and skills of parents and teachers about nutrition and healthy meal preparation for kids.
- Increase knowledge and skills canteen operators to provide healthy meals for primary school children.

ACTIVITIES CONDUCTED

1. Happy Adventure Activities
   - Briefing on the practice of healthy eating and an active lifestyle
   - Interactive games
     - Healthy food plate II
     - Calculate Calories
     - Detective Lifestyle
     - Health Ordina
     - Detective 10,000 Healthy Steps
     - How Long Should I Run?
   - Interactive Games computerized e-learning
   - Aerobics

2. Retention and Expansion Program Activities
   - Among the Child Nutrition Seminar, delivery of nutrition messages to teachers and students through the mandate of the current headmaster morning assembly, Healthy briefing catering to the canteen.

3. Weight Management
   - Weight management
   - Focus group discussions

Further questions, please contact:

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