

be accomplished gradually by changes that are not too drastic and will enable families to make better use of food and make the food budget go further. The school meal has been proved an effective means of changing food habits.

The committee recommends:

that FAO should (a) assist governments to make family dietary surveys and studies of the relationship of food to other living expenditures. (b) further the study of methods of effectively modifying food habits. (c) aid in formulating adequate family food plans for different countries.

Other recommendations under this heading are concerned with the supplying by FAO of technical information; the supply of trained personnel in the field of food management and the science and humanities associated with food and agriculture; and the question of periodic conferences.

#### V. Scientific and Technical Research

While knowledge of nutrition has grown by leaps and bounds in the last 25 years scientists feel that they have only begun to explore the subject.

In the final analysis continued progress towards better nutrition can only be made possible through fundamental research. FAO will keep in close touch with this work in all parts of the world and encourage it in every possible way.

The committees recommend early attention to:

- (a) a reassessment of the physiological bases of nutrition to provide tables of dietary requirements for use in all countries.
- (b) establishment of a common scientific basis for determining and expressing food values; improvement in techniques of food assay; further and more reliable data on nutrient composition of the world's food supply.
- (c) further development and improvement of clinical methods for measuring nutritional status and their application to large groups of people.
- (d) the long-time effects of diet on health, physical and mental well-being of human beings.
- (e) physiological and psychological bases of appetite and food habits and their relation to food needs.

Further recommendations cover:

- (a) encouragement - with assistance on request to governments - in measuring relative efficiency of domestic and imported foods and supplying nutrients in terms of land, labour, monetary and other resources.
- (b) encouragement of comprehensive reviews by governments of the present knowledge of agricultural factors affecting the composition of foods.
- (c) assistance to governments, on request, in studies of the various aspects of fortification of foods.
- (d) encouragement of experimental research on plant and animal breeding leading to greater yield or improved nutritional quality of food for the same resources in land and labour.