

DEVI SAPERE – IL FAUT SAVOIR—YOU NEED TO KNOW

## Tribute to Roelof Huurneman

founder and first chairman of Sapere International



*Je vous ai envoyé par mail la  
traduction du hollandais*

Brussels, January 2013.

*voilà le premier jet  
d'une lettre à Michelle Obama pour  
vos avis*

*Rensla*

Dear Mrs. Obama,

I am writing this letter to you, in connection with the enormous task of fighting the development of obesity, which you have taken upon you.

SAPERE is about learning taste and food at school

SAPERE a.i.s.b.l. is a non profit association, which has created since 1995 an international network of public and private institutions, with the same goal.

I hope that you can find a few moments to check if the following message could be helpful in any way to complete or enrich the tools that you are using to attack this flu of the century.

The arms against that flu have two sides, one of which counts for the physical effort, the other for eating behavior.

It is the latter to which I would like to attract your attention.

We have observed rapidly that nutritional information, although being a very important tool, has the weakness of being effective more often for higher educated people who on top of that need being disciplined to adopt a durable attitude and behavior in order to obtain the necessary results.

Feeding, together with defense and procreation, is one of the basic instincts for survival of the kind. Eating habits are therefore very difficult to influence, except with practical education at young age.

During already several generations, increase of bad habits of eating behavior has taken place. Through abundance, life style changes, decrease of the influence of parents and so fort. The availability of practical education at young age has therefore largely decreased and sometimes disappeared.

In order to improve this situation, and largely deploy it in a given area, our conclusion has been that "taste education at young age, and at school", would be the right, if not the most important solution to adopt.







