


## Awareness about healthy eating in public school children: An experience report

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### **ABSTRACT**

It is widely recognized that diet plays a fundamental role in child development, since a healthy diet

provides energy and essential nutrients to the body. In addition, the adoption of proper eating habits is associated with better academic and cognitive performance. Therefore, food and nutrition education is an important and necessary topic for children, being especially emphasized in the school environment.

**Keywords:** Education, School environment, Healthy eating.

## **1 INTRODUCTION**

It is widely recognized that diet plays a fundamental role in child development, since a healthy diet provides energy and essential nutrients to the body. In addition, the adoption of proper eating habits is associated with better academic and cognitive performance. Therefore, food and nutrition education is an important and necessary topic for children, being especially emphasized in the school environment.

## **2 OBJECTIVE**

To report the experience of second-year medical students during the Community Interaction Module II, in partnership with a Family Health Strategy (FHS) and the Family Health Support Center (NASF), in the discussion and planning of an Intervention Project.

## **3 EXPERIENCE REPORT**

At the Prof. José Galetti Municipal School, located in the city of Maringá-PR, a food and nutrition education project was carried out involving 160 full-time children, aged between 6 and 10 years. The project consisted of two practical activities addressing the theme of healthy and unhealthy foods. The first activity was conducted through riddles with tips on fruits, while the second activity used EVA molds cut in the form of food, with the aim of stimulating the distinction between healthy and unhealthy foods. It was observed, however, that the children had difficulty in associating the foods with the characteristics presented in the activities. However, when the foods were illustrated, it was possible to observe an improvement in their identification. These results highlight the importance of

using didactic strategies that allow children to clearly visualize healthy and unhealthy foods, thus promoting learning and food awareness.

#### **4 RESULTS**

Food education in childhood is extremely important for the development of healthy eating habits, and the school environment plays a fundamental role in this process. Educational actions, such as the one carried out at the Prof. José Galetti Municipal School, can contribute to the formation of more conscious and healthy children, which positively impacts on their quality of life and well-being.

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