BOOK OF ABSTRACTS

5TH MEETING OF YOUNG RESEARCHERS OF UNIVERSITY OF PORTO

IJUP'12

U.PORTO

IJUP'12

5th MEETING OF YOUNG RESEARCHERS
OF UNIVERSITY OF PORTO

U.PORTO

CREDITS

Livro de Resumos IJUP'12

5º Encontro
de Investigação
Jovem da U.Porto

AA ID+i
T. 22 040 81 46
secidi@reit.up.pt

Design
Tiago Campeã
Rui Mendonça

Impressão e acabamentos
Invulgar – artes gráficas

Tiragem
1300 exemplares

Depósito Legal
340336/12

ISBN
978-989-8265-82-1

Opinions of Caregivers concerning school meals

Carvalho A.[1] e Rocha A.[1]

[1]Faculty of Nutrition and Food Science, University of Porto, Portugal.

Introduction: Childhood is a crucial step in acquiring a healthy lifestyle. It's central to focus the intervention in the two most important poles of nutritional education in preschool children: Caregivers and school. Objective: Evaluate the opinions of caregivers in relation to school meals. Methodology: A survey was developed and applied to caregivers of three types of kindergartens (public, semi-private and private). Demographic and socio-economic data and opinions on various parameters related to school meals were collected. Results: 85.5% of respondents usually check the menu, but 56.8% do not plan meals at home according to the school menu. The consumption of soup was the one referred to be encouraged. It was given little importance to egg and bread and it was privileged bottled water (85.7%) instead of public water. Salt reduction was the item which importance is prominent (84.4% on the soup and 86.8% on the plate). The elaboration of menus by a Nutritionist and the inclusion of the nutritional composition of meals were also valued parameters by caregivers. Conclusions: This study was a preliminary approach in the perception of the criteria valued by caregivers in relation to school meals. There is a need to demystify the "myths" in relation to egg and public water consumption. It is essential to give feedback to caregivers about the choices made by schools to encourage healthy eating habits so that food education can be effectively extended at home.