


Promoting health in public schools: An experience report on the importance of healthy eating

 <https://doi.org/10.56238/sevened2024.001-047>

Amanda Moliterno, Thaynara Alexandra da Silva, Matheus Zielinski Cavalheiro de Meira, Pedro Leocadio Lopes Furlan, Bárbara dos Santos Brito, Mauricio Junior Giacomini Campos, Christian Schmitz Inácio and Aliny de Lima Santos

ABSTRACT

The early stage of life plays a crucial role in the formation of healthy eating patterns, exerting a direct influence on children's cognitive and school performance. Health promotion strategies aimed at improving the quality of food have been shown to be effective in sensitizing women to the relevance of a balanced diet. The experience narrated shows that these initiatives have a significant impact, raising awareness of the issue and contributing to positive results in children's academic performance and well-being.

Keywords: Healthy diet, Food pyramid, Student, Childhood, Medicine, Food.



INTRODUCTION

Certainly, childhood represents a crucial phase when it comes to nutrition. The eating habits acquired at this age have a significant impact on children's school performance and cognitive development. In addition, diet plays a key role in modulating various body functions, providing the nutrients necessary for healthy growth. Therefore, implementing health promotion actions aimed at improving the quality of children's nutrition is an extremely beneficial strategy. These initiatives have the potential to raise awareness and guide the little ones about the importance of healthy eating, especially in the school environment, where they spend much of their time. By providing information on proper nutrition and encouraging healthy food choices, we can contribute to children's physical, mental, and emotional development, preparing them for healthier and more productive adult lives.

OBJECTIVE

To present the experience of the students of the second year of medicine at UniCesumar, during the discipline of Community Interaction II, in collaboration with the Family Health Strategy (ESF) and the Family Health Support Center (NASF), in order to sensitize children and develop an Intervention Project.

EXPERIENCE REPORT

The Dom Jaime Luiz Coelho Municipal School, located in Maringá-PR, was the stage for an initiative led by medical students, which provided a comprehensive activity on food and nutrition instruction for 100 full-time students, aged 6 and 8 years. The activity unfolded in two distinct phases, one practical and the other theoretical, with the purpose of offering a complete approach to the theme. The execution of the first stage took place through an engaging self-service restaurant simulation. In this context, a table has been skilfully arranged with several food options printed on A4 paper and plasticised. The intention was for the little ones to fill their plates with the foods and/or drinks that are part of their daily routine. As for the second phase, it unfolded in a captivating conversation circle, in which the medical students explained, in a playful way, the functioning of the food pyramid, highlighting the correct way to integrate all its components into daily life. When analyzing the results, it was noticeable that the children not only enthusiastically joined the action, but also maintained high concentration throughout the process. This outcome highlights the importance of adopting innovative and stimulating strategies when seeking to teach and raise awareness among this age group.



RESULTS

After carrying out the activity, the students recognized the importance of health promotion within the school environment, especially with regard to healthy eating habits. During the interaction with the students of the Dom Jaime Luiz Coelho Municipal School, the interest of these students in adopting the orientations provided by the medical students was evident. In this way, this experience highlights the crucial role of initiatives like this in the formation of children who are aware of the importance of a balanced diet in their lives. Such actions not only contribute positively to students' school performance, but also to their overall well-being and a better quality of life.



REFERENCES

1. Bila, C. R. F. C. (2019). Conscientização para hábitos alimentares saudáveis na escola.
2. Rigodanzo, S. I. (2013). Conscientização alimentar no ensino fundamental.
3. Moliterno, A., Leonardi, G. H., Salvador, J. A., de Souza, A. C. R., & Martins, P. D. N. da S. (2023). O conhecimento de crianças de escola pública sobre alimentação saudável: relato de experiência.
4. Scarparo, A. L. S., Marques, T. B. I., & Pino, J. C. D. C. (2021). Crenças de profissionais vinculados à área de educação sobre o ensino da temática alimentação saudável no ambiente escolar / Beliefs of education professionals about teaching healthy eating in the school environment.