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UNDERSTANDING OF HEALTHY NUTRITION FOR SCHOOLS

Admission: Healthy eating plays an important role for school children. It is a guarantee not only of the absence of illnesses but also of cheerfulness harmonious growth of children. School nutrition services provide access to a variety of nutritious foods that promote students' health and their capacity to attend to academic tasks. Unfortunately, gastrointestinal diseases are very common among school children.

To enhance the impact of school nutrition programs on children's health, more information is needed on the associations between healthy and unhealthy food offerings during school lunch periods and children's eating behavior.

Aim of the study: describe health consequences of childhood obesity and gastrointestinal diseases; to identify healthy eating and physical activity practices that can be implemented in schools.

The research methods and material: an observational study was conducted in which 80 school children, in elementary and middle schools 65 per cent of reported did not eat breakfast at all, 25 per cent had a sandwich with tea, and only 10 per cent of students had a proper healthy breakfast. On the basis of this research we summarized students' eating behavior and the frequencies with which they purchased meals in the school cafeteria.

We have more influence on what children eat than you think. Most parents expect their kids to do things, like [exercise](#), that they themselves don't do. As a result, improper eating habits inculcated by parents, poorly organized eating at school, unwillingness of children to eat useful meals cause severe problems in children's health.

We need to admit that younger children are provided with complete nutrition, and most high school students have lunch including snacks and buns, which has a negative impact on children's health [3].

The Ministry of Health of Ukraine proposes to encourage children to eat healthy in the following way:

- 1) to teach children to taste differently
- 2) eat meals with the whole family and without the TV on.
- 3) set a regular diet
- 4) not to use food as a reward or punishment
- 5) to organize the drinking regime properly
- 6) limit food with lots of calories, fat, sugar, salt. Substitute sweets for fruits, nuts, cheese, sour yoghurts.
- 7) be an example for children [2].

Groups of products that should become the basis of proper nutrition are cereals, meat, fish and seafood, vegetables, fruits, nuts, berries, dairy products.

Besides, breakfast and lunch should be more nutritious than afternoon snack and dinner. Every day in the diet of a teenager there should be one part of

protein, one part of fats, four parts of carbohydrates engaging physical activity - 1: 1: 6.

Feeding children in summer and winter is different. In winter (low temperatures) the children's body consumes more energy. Therefore, children's food during this period should be of greater energy value. In summer (high temperatures) it is recommended to have food that contains easily digestible nutrients needed for the body, since the digestive glands in children in the heat is sharply reduced, the amount of digestive juices is insufficient. Easily digestible is, for example, dairy-vegetable food [1].

Conclusions: Studies show that when parents make the effort be a model for their children, it really does work. [Preschoolers](#) who watch two or more hours of TV daily are nearly three times more likely to be overweight than children who watch less, research shows. Kids who eat breakfast daily get more [nutrients](#) overall. Currently, high fat/calorie and low nutrient foods remain abundantly available in many schools in the cafeteria, school stores, and vending machines. Future research should explicate the effects of school nutrition program characteristics and student participation on the eating behavior. Schools can positively impact children's eating behavior by increasing the availability of healthy foods such as fruits, vegetables, whole grains, and low-fat dairy products.

REFERENCES

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