

Culture of nutrition of children 7-14 years old

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Introduction

We are what we eat. However, how we eat is even more important. The culture of children's nutrition is formed at an early age, and is of great importance not only for healthy growth, but also for the proper development of a child. The problem of bringing up a food culture is very actual in the modern world. Currently, the leading place in a number of pathologies among children at the age of 7-14 years old is occupied by digestive diseases (53%).

Aim of the study

To reveal the problems in the nutrition culture among children at the age of 7-14, provide them with a scientific justification and find out all possible solutions.

Materials and Methods

We used foreign Internet websites and interrogation of schoolchildren at the age of 7-14 years to identify the most common bad habits associated with nutrition, with a help of specially developed questionnaire, where we asked about the balance of diet, adherence to diet, etc.

Results

Most pupils get poor nutrition. We interviewed 100 pupils from Minsk and our research has shown that 44% consider that they follow healthy diet, but half of them often eat fast food and some of them eat at night. It was found out that high school pupils often watch TV and use mobile phones while they are eating, and they use them more frequently than primary school children. According to the results of the interview, we came to conclusion that a large number of pupils do not understand what is proper nutrition so, because of this a lot of health problems with children's health appeared.

Conclusion

We came to conclusion that children's poor nutrition is connected with the absence of food consumption culture and rules of behavior at the table. From early childhood children eat their breakfast, lunch and dinner and at the same time they watch cartoons on TV or computers which has a negative impact on nutrition habits, and as a result, children can eat only while they are entertaining by different gadgets. The food consumption culture is formed in a family and is bring up in childhood. All in all, proper nutrition and consequences of poor nutrition should be explained to children to prevent diseases.