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TITLE: School teacher's knowledge and school practices related to fruit consumption and their perceptions about student's attitudes toward the same issue.

CONTENTS:

- **Background and objectives:**

Nutritional education policies in schools have a positive impact increasing the consumption of fruits and vegetables by children. Teachers play an important role in this goal. The purpose of this study is to establish the degree of school teachers' knowledge and their perception about student's attitudes regarding fruit and vegetables consumption.

- **Methods**

A study was conducted in 22 schools of different provinces of Argentina, during 2016. A survey was carried out on teachers of children between 6 and 12 years of age to collect information regarding knowledge, school practices and perception related to fruits and vegetable consumption in their students. Argentinean region and public/private school were studied as independent variables.

- **Results**

155 from 20 provinces teachers answered the survey.

Knowledge: 47.7% of them knew that at least 3 portions of fruit are recommended per day. 94.8% totally agree that is good to eat fruit and 93.5% totally agreed that it should be eaten every day.

Practices: only 3.9% reported that the school usually offers fruits to children and 3.2% that children usually take fruits to school.

Perceptions: 98.1% think that kids do not consume the adequate portion of fruits. 71.6% think that they consume fewer amounts of fruits than kids of the same age. 93.5% of teachers totally agree that for kids is hard to eat fruit every day.

Evaluating the region as independent variable, it was found that the proportion of teachers who knew that at least 3 portions of fruit is recommended per day, is major in NEA (North East Argentina)-Mesopotamia and Patagonia.

- **Conclusions**

Teacher's knowledge regarding fruit consumption recommendations should be improved, as well as school strategies to stimulate children's fruit intake.

KEYWORDS: Knowledge – Fruits consumption - School teachers.