

School period is when children grow and develop quickly and acquire life-long nutritional habits.

Unbalanced and inadequate or excess nutrition of school children could lead to some health problems such as;

- Growth and development will be delayed. If this delay is not cured until the end of the growing period, it will be reflected upon the adult, they will have short stature, be too thin and weak.
- Infectious diseases are frequent and severe.
- Iron deficiency anemia is frequent in girls because of menstruation period.
- In adolescence, bone density reaches maximum level. In this period of life inadequate consumption of calcium is a risk for osteoporosis in older ages.
- As a result of imbalanced nutrition, obesity emerges as an important problem. Childhood obesity will be reflected on the older ages and creates basis for high blood pressure, increased blood lipids, chronic diseases such as coronary heart diseases and diabetes.

RECOMMENDATION

You should;

1. Take food from four basic food groups in each meal.
2. Drink at least 2 glasses of milk a day.
3. Eat at least 5 portions of vegetables and fruits a day.
4. Drink at least 8-10 glasses of water a day.
5. Eat your meals slowly and chew them well.
6. Not apply any diet.
7. Do regular exercises.
8. Get regular and enough sleep.
9. Spend less time in front of the TV and computer.

RECOMMENDATION

10. Consume clean and hygienic foods. Fruits and vegetables should be washed well before eating, and unpacked foods should be avoided.
11. Prefer fresh fruit juices, milk, ayran instead of tea and carbonated beverages.
12. Not eat sweets for snacks. When you eat these foods you should brush your teeth or wash your mouth with a lot of water.
13. Wash your hands before and after meals.
14. Use your own spoon, knife, fork, dish, and glasses in meals; not share them
15. Monitor height and body weight of your children
16. Make sure they get regular sunlight and vitamin D.

BREAKFAST

Breakfast is the most important meal of the day, following an all-night hunger. When a child comes to school without having breakfast, since she/he has been hungry, she/he will be weak, her/his learning capacity, motivation and school success will decrease. **For these reason students should have breakfast every morning.**

Samples for Breakfast

- A glass of milk, one egg, five olives, bread, fresh fruit or tomato.
- A glass of fresh fruit juice, cheese omelette, bread.
- A glass of milk, breakfast cereals, fruits.
- A glass of milk, tahin (sesame paste), pekmez (concentrated grape juice), sugar added sesame paste, bread, fruits.
- A glass of milk, bread, 3–4 walnuts, peanut butter, fruits.
- Lentil or tarhana soups, bread, fruits.



LUNCH BOX

Students should not eat unhealthy, unpackaged foods with low nutritive value and sold in the street.

You can put in your sandwiches, foods given in the first group below. Eating vegetables and fruits stated in the second group will meet students' vitamin requirements along with the sandwich. Milk or ayran are good options for beverages.

1 st group	boiled egg, cheese, grilled meatball, boiled chicken, boiled meat.
2 nd group	you can choose thoroughly washed fresh fruits and vegetables in season (tomato, cucumber, lettuce, carrot, tangerine, apple, grape, cherries, plum, and etc.).



Lunch boxes must be cleaned thoroughly everyday.

Sources:
Professor Gülgün Ersoy PhD Nutrition for Child Athletes and School Children.
Professor Nilgün Karaaoglu PhD. Healthy Nutrition for Children in Primary School.



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