





**The potential of kindergartens to promote healthy eating habits
– the role of lunch schemes and sensory education**

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Project FRIDA

- Researched three different aspects of lunch schemes in Danish kindergartens
- Sociology – Stine Rosenlund Hansen
- Design – Hafdis Sunna Hermannsdottir
- Public Health Nutrition / taste education – Mette Vang Mikkelsen

 Project LOL (Learning Over Lunch)

Context

KINDERGARTENS IN DK

- Age group 3 - 6 years-old
- Lunch schemes are not common
- Parents vote every 2nd year
- Food is produced externally and internally in the kindergartens
- The average price is 493 d. crowns



LUNCH SCHEMES

MUNICIPALITY	2013	2015
NO LUNCH SCHEME	47	24
MIXED	42	67
ALL LUNCH SCHEME	9	7
TOTAL	98	98

Kilde: Bureau 2000 og FOA

Context

- Combining education with meals are not common
- There are some scattered student-project taste projects, but no organizational frames.
- However taste education is becoming more known in the school arena

Project LOL – Part 1

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Project LOL - Part 2

- *What is the up-to-date scientific evidence regarding healthy eating interventions in day care facilities and what is the effectiveness of different strategies in relation to their influence on children's food choice at an early age?*

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REVIEW

Open Access

A systematic review of types of healthy eating interventions in preschools

Mette V. Mikkelsen, Sofie Hulby, Lærke R. Skov and Federico JA Perez-Cueto*

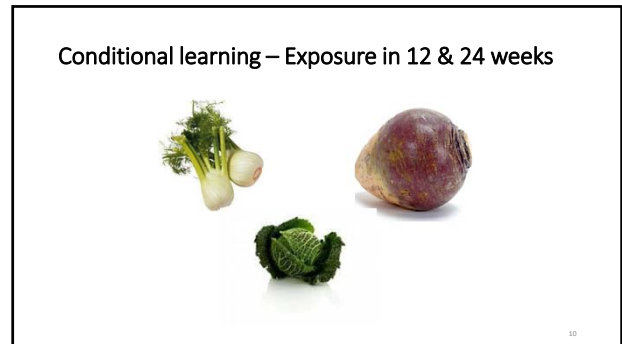
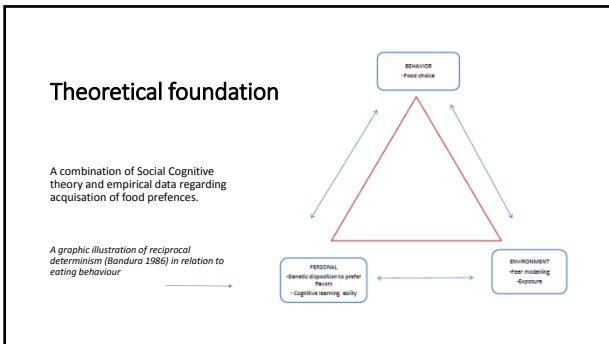
Part 3: *What is the parents' level of satisfaction with their children's lunch? What are the parental perceptions of the positive and negative aspects of their children's lunch schemes?*

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Project LOL – Part 4

- *Is exposure to novel vegetables in a kindergarten setting enough to change children's acceptance of vegetables or is it more effective in combination with sensory education?*

Research design: Controlled intervention study taking place in four kindergartens situated in municipalities outside Copenhagen.



Evaluation 1

Questionnaire for parents:

- background
- taste and vegetable preferences and exposure
- food literacy and family meals
- Evaluation of lunch scheme

Questionnaire for kitchen staff:

- Consumption on group level

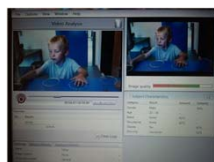
Picture questionnaire for children:

- vegetable language
- knowledge
- Preference
- understanding of farm to fork

- Anthropometric measurements

Evaluation 2

- Observer XT: Liking of vegetables
- Willingness to try



Results of the LOL intervention

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Conclusion

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Perspectives: how to reach the kids?

- Collaboration between kitchen professionals and pedagogues (children professionals) is key in order to reach the kids.
- The pedagogues did not have a language to talk about food and therefore nutrition was often "invited as guest"
- It is very difficult to get the kitchen professionals out of the kitchens and into the meal or the pedagogical food activities and the pedagogues into the kitchens?
- There are no Danish educational materials directed at kindergarten

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