

FEED SCHOOL-AGE CHILDREN (6-11 YEARS OLD) , TENDENCY FOOD CROSS-SECTIONAL DESCRIPTIVE STUDY.

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Abstract

Already is known the close relation between improper nutrition and obesity development in children which is in base of different chronic diseases. Therefore it is necessary for healthy nutrition and healthy habits in nutrition installed in the early stages of life. Parents often worry when their child eats little and rarely when they eat more. Purpose: To obtain Information about the food structure of school children aged 6-11 years too Identify if the mode of nutrition of these children is affected by the effects Of globalization and modern life in order to intervene with healthy nutrition Promotional programs and physical activity. Objective: To determine the actual structure of feeding in children of school age 6 of 11 As well as comparing the food preferences of children 6 of 11 by gender Through. Methods: Study population: 6 of 11 school-age pupils, grade I-V in two schools in the city of Vlora (Albania), public and non-public schools in April 2012. The questionnaire was completed by 360 students in total, 171 boys and 189 girls. The questionnaire was designed to take in base the food pyramid category of children of these ages and we were involved and food categories that are not part of the food pyramid, but which are considered risk factors for health. The results by Analyzing the data, we notice that: Foods that should be consumed each day consumed under the weekly average of all Children involved in the study. Consumption of foods considered risk factors consumed on a weekly average recommended by the food pyramid. The food intake appears the same as public school and non-public school and both Genders, but the non-public school closed their weekly average consumption was lower Compared with the weekly average consumption of this category of public school Children .It is noted that girls tend to consume less food considered risk factors for health Compared with boys.

Key Words: *school age, food category, food preferences, food pyramid, risk factors.*