

# Nutritional Counseling and Eating Habits in Children and Adolescents

## Purpose

Healthy eating patterns in childhood and adolescence promote optimal childhood health, growth, and intellectual development. The purpose of this course is to educate teachers on healthy eating habits in order to raise the awareness of children and adolescents on how to implement healthy nutrition into their everyday life. Moreover, the aim of this program is to provide the teacher with all the necessary knowledge and guidance required to organize and implement health educational programs with emphasis on nutrition and eating habits. Participants will become familiar with all eating disorders that may arise in children or adolescents.

## Objectives

- Inform educators on how to implement nutritional knowledge in the existing school timetable (i.e geography and nutrition, history and nutrition, religion and nutrition, etc)
- Focus on specific educational strategies in order to facilitate nutritional intervention
- Help educators to promote a varied, balanced and healthy diet
- Sensitize children and adolescents through education on media influence on choice of foods consumed

## Agenda

### DAY 1

- Introductory meeting
- Presentation of timetable
- Group ice breaker activities
- Definition of nutritional counseling
- Personality and eating habits

### DAY 2

- Avoidant/ Restrictive Food Intake Disorder
- Pica
- Miricastic disorder
- Eating Behavior and Obesity
- Pervasive refusal syndrome

### DAY 3

- Anorexia nervosa
- Bulimia Nervosa
- Binge Eating Disorder
- Body image and eating disorders

### DAY 4

- Nutritional Counseling Intervention (Food Guide Pyramid)
- Incorporate funny games in order to raise children's awareness on healthy eating
- Learn how to use influential role models, including peers, to demonstrate healthy eating habits in adolescents
- Development of Students' Practical skills in order to learn how to plan their meals, prepare foods, read food labels and make healthy food choices
- Model Behaviour Change Techniques (Stages of change, Motivational Interviewing)

### DAY 5

- School Cafeteria and the standards that should be met according to the Dietary Guidelines
- Super Markets and Psychological Marketing Strategies
- The impact of the Media in Food Choice
- Learn how to involve Family and Community in supporting and reinforcing nutritional education



## Methods

- Lectures
- Workshops
- Brainstorming
- Role playing
- Discussion
- Team work
- Case studies

## Target Groups

- Educators working in kindergartens
- Educators working in primary schools
- Educators working in secondary schools
- Educators working in vocational schools
- Educators working in universities

## Place

Heraklion, Crete, Greece

