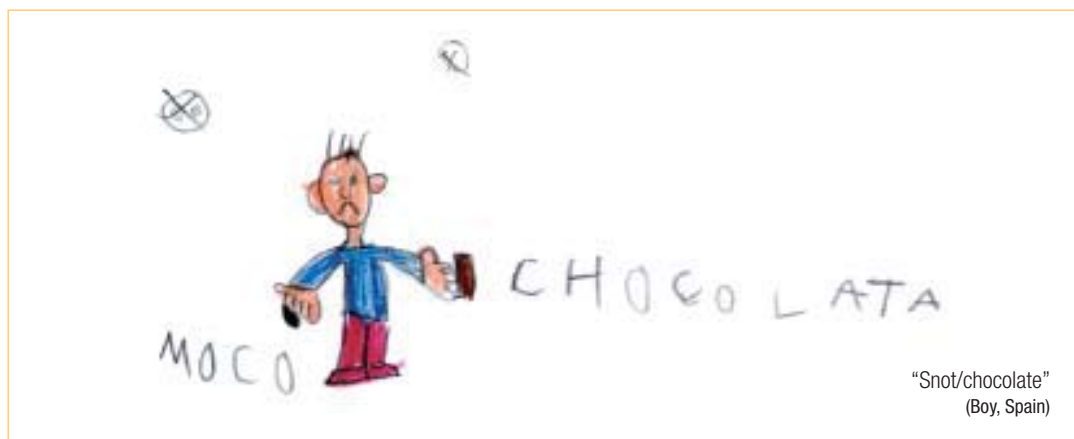


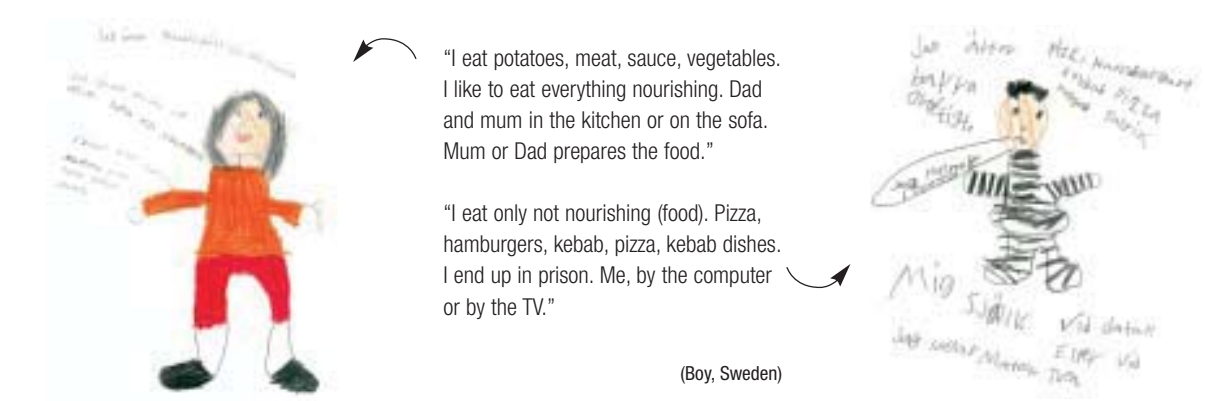
Children's ideas

What is healthy food?

One of the questions we asked children and young people from Denmark and Spain in the research specifically designed for the preparation of this publication was what their idea of healthy food is. Below are some examples of their accounts, categorised in four themes.



Children's ideas/What is healthy food?



"I eat potatoes, meat, sauce, vegetables. I like to eat everything nourishing. Dad and mum in the kitchen or on the sofa. Mum or Dad prepares the food."

"I eat only not nourishing (food). Pizza, hamburgers, kebab, pizza, kebab dishes. I end up in prison. Me, by the computer or by the TV."

(Boy, Sweden)

Proteins, vitamins and other nutrients

"Me? I think about healthy things like meat, fish, vegetables...pasta and that's it."

(Girl, Spain)

Tasty and less tasty food

"Well, chocolate tastes good, but it's not healthy and some fruits don't taste better than chocolate, right? But you've got to eat them anyway."

(Boy, Denmark)

Unhealthy but cheap: society's fault?

"It also has something to do with society, well, if there weren't any McDonald's adverts or other publicity, then there wouldn't be that many people thinking, 'oh, I can get something for 10 crowns', which makes me go in and buy food at McDonald's, so, in a way, society is also a little to blame."

(Girl, Denmark)



(Girl, Denmark)

(Boy, Denmark)

Parental responsibility

"I think that children do as their parents do, there's no six-year-old who is going to protest that he or she wants to become a vegetarian, right? They eat what their parents give them, so, if this is not changed, it becomes their lifestyle, which again becomes their children's lifestyle and so on."

(Boy, Denmark)



Children's ideas

Barriers to healthy eating

In the review of research linked to young people's ideas about food and eating, we found some interesting studies and present here some themes that emerged from their analyses. One of the aims of the research conducted in Slovenia* was to develop an understanding of why it is that many adolescents do not follow the advice of health professionals when it comes to eating. In other words, what are the barriers that prevent young people from eating more healthily?

(*) TIVADAR and KAMIN, 2005.

We need to be involved in the decisions about what we should eat!
 "No human being is equal to another, because we all have different needs, and thus a doctor who does not know you cannot foresee how something will influence you, and until you find out for yourself, it is possible that the doctors tell you something that is wrong."
 (Adolescent, Slovenia)

"Liquorice/wine gum/coca-cola/sprite fizzy drink/Danish 'Romkugler' (rum truffle)/lollipops/ice-cream/strawberry/sugar/gum/sweets."
 (Boy, Denmark)

Children's ideas/Barriers to healthy eating



"Good food. If you eat good food and exercise a lot you feel energetic. Fruit and vegetables are very good. Fish gives you strong muscles. You must drink milk and water."

"If you eat bad food you will get fat and really tired. Pizza is not good, because in pizza there is a lot of fat. In sweets there is a lot of sugar and fat in chips. Hamburgers with dressing..."

(Girl, Sweden)

Lack of time

"In the morning, I do not have breakfast at all, the first thing I eat is a hamburger at school, and then I eat dinner at home. I have no time for breakfast, I drive a long way, I am a non-local pupil from Radgona, I get up at 5 o'clock in the morning and get back home at five o'clock in the afternoon. I spend 12 hours in Maribor!"

(Adolescent, Slovenia)

Healthy food is expensive

"There is less and less money, there are more and more families in which parents do not earn a wage, and they must be sure to pay the bills so that their electricity and water are not cut off... I think that vegetables are expensive; one kilo of salad costs in winter about as much as one kilo of sausages, and if you look at what is more filling, one kilo of salad or one kilo of sausages...those of us who have less money, we always look at the price first."

(Adolescent, Slovenia)