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The four dimensions of food

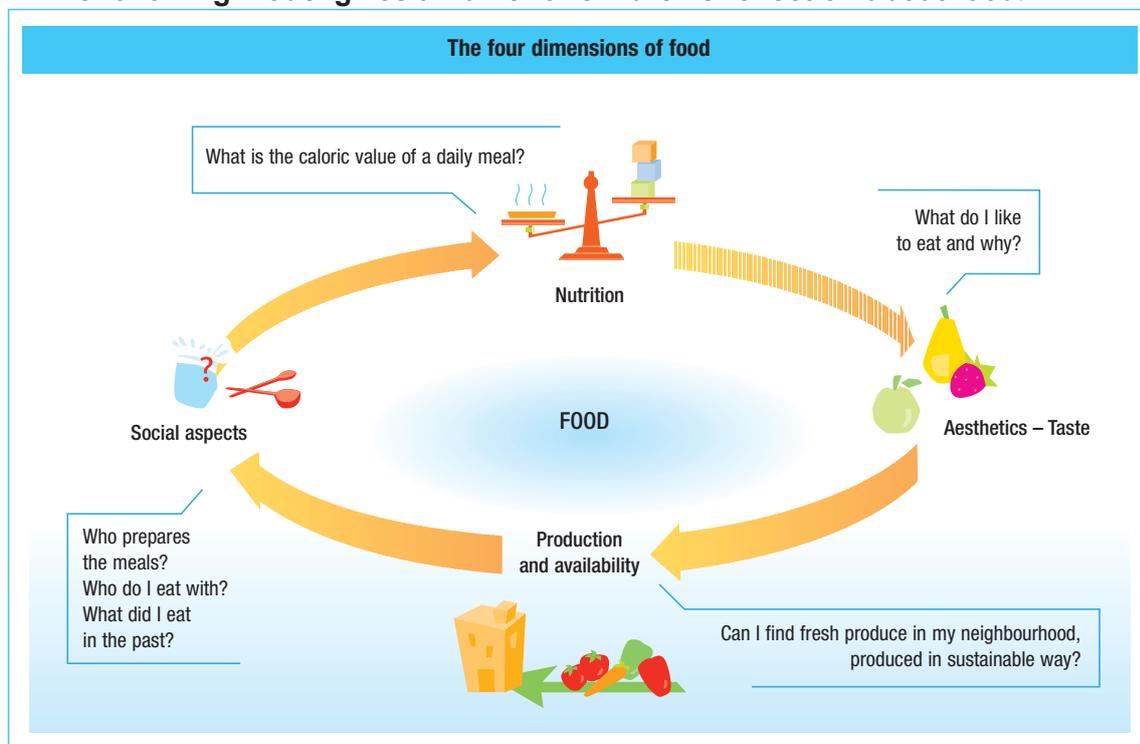
We do not eat nutrition!

An approach to balanced and healthy eating takes into account several dimensions of food in addition to its nutritional quality.

This more complex approach emphasises children and young people's opinions and perceptions concerning:

- The aesthetic or visual appeal of meals and the environment in which meals take place;
- The taste and texture of the food;
- The social aspects of eating together or sharing a meal;
- Accessibility and the price of fresh, organic and healthy food;
- The ways in which food is produced and distributed.

The following model gives a frame for children's reflection about food:



Points to consider and discuss

- How does culture influence our eating patterns?
- Community traditions and eating patterns?
- Family customs and food choices?
- School meal practices and peer influence?
- Media?
- What other environmental influences are involved in shaping the eating patterns of children and young people?
- What is the role of advertising? What are the most dominant messages promoted in TV food adverts?
- Food availability and inequalities: Links. Examples. Neighbourhood mapping.



HEPCOM comment:

In the traditional, moralistic approach to school health the concept of health education's focus is changing behaviour and developing healthy habits and lifestyles. In the health-promoting school the focus is on autonomy and decision making, which means that it is very important to let the children form their opinion in an open discussion.

Use the IVAC approach (I= Investigation, V= Vision, A= Action, C= Change) to create the best possibilities for children to be creating a healthy living. The IVAC model provides a framework for the development of health promotion strategies that ensure that the insights and knowledge that children build up during the project are action-orientated and interdisciplinary and, therefore, conducive to the development of action competence.

Read more about the IVAC approach on www.hepcom.eu.