

## Preventive programs for kids in the Moravian-Silesian Region

The fundamental programs for kids in schools in the Moravian-Silesian Region, which are implemented by employees of Regional Public Health Authority of Moravian-Silesian Region, are:

**Education of children in nursery school:** an educational program for children focused on proper nutrition and exercise. Main objectives:

- to introduce benefits of proper nutrition and exercise in an entertaining and comprehensible way,
- to reinforce principles of a hygienic behavior during eating (e.g. washing hands),
- to prevent a possible poisoning by commonly accessible substances in their homes.

**Project day in primary schools:** an educational program for students (6th grade) focused on proper nutrition, a nutritional pyramid and a drinking regime. Main objectives:

- to introduce the principles of the nutritional pyramid,
- to reinforce principles of a healthy lifestyle,
- to identify sources of vitamins and minerals,
- to assist in choosing appropriate beverages,
- to educate about suitable alternatives to traditional ingredients.

**Content of salt in meals and its flavoring:** The objective is the verification of the actual salt content in meals, chart usage of instant, dehydrated mixtures and artificial flavorings in meals and to check a number of school canteen meals containing these mixtures (focusing on the quantity of soup and main meal servings).

**School canteen healthy and tasty – The chocolate wooden spoon competition:** a project of the Magistrate of the city of Ostrava, which is designed for students of primary schools, primarily focused on gastronomy with the intention to pursue it professionally in the future but also for those with a keen personal interest.

**Healthy School Canteen:** A project of The National Institute of Public Health with the objective of serving a varied, nutritionally balanced and tasty diet within school meals. The success of the project itself is built on three basic pillars:

- An educated staff in the canteens: staff should have a solid knowledge of children-appropriate nutrition, they should be able to plan varied menus, to cook using fresh ingredients, to season dishes respecting consumers well-being and of course to know and to comply with the applicable legislation.  
An informed consumer: a proper nutritional knowledge and well-being should be incorporated in school curriculum.
- A motivating pedagogical and school management: teachers motivate and lead by their example, school management should support efforts of school canteens.  
A constructive cooperation between school canteens and teachers is desirable.

In addition to the above, following programs were also implemented:

**The Monitoring of Indoor Environment Quality in Schools,** focusing particularly on the determination of CO<sub>2</sub> concentration as indicator of the air quality and ventilation.

**The Monitoring of toys in nursery schools.**

**The Monitoring the quality of beverages** prepared in school canteens, in which among other things, the sugar content of the beverages which were served in schools was measured.

In future, we will target other issues, such as: proper sitting, choosing an appropriate school bag. We would also like to introduce project days to the lower level of primary schools.

