28 - ANALYSES OF THE FOOD SOLD IN THE PARTICULAR SCHOOLS CANTEENS IN THE CITY OF FORTALEZA, CEARA

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INTRODUCTION

The school performs a fundamental duty in the formation of the children life habits and personality, occupying almost the third part of the active life of the student in the weekdays. In spite of the snack or school lunch perform only 15% of the diary ingestion, many controversies has been observed about the composition, quality and quantity of the offered meal. More than perform only one of the periods to the nourishment, the school is responsible for an important part of the global educative contents, including in the nutritional point of view (AMODIO & FISBERG, 2002).

The obesity is the most common form of bad nourishment, contributing for the appearing of much co-morbidity, in result of the excess of body weight, of the nutritional standard applied and of the sedentary life style. The children formation in the school must not just form a usable citizen, but inform and have good healthy nutritional habits available, serving to the prophylaxis of chronicle-degenerative illness (REPETTO, PIZZOLLI, BONATTO, 2003).

The undernourishment and obesity problems in children and teenagers, in Brazil, reinforce the importance of the promotion of health actions in schools and day care centers. These institutions must be ways to amplify data about nourishment, health, in favor of different moments of activity, offering a new standard in relation to the act of to eat and what to eat (VANDERSEN, 2005).

The children in scholar age are growing up and developing bones, tooth, muscles and therefore they need food more nutritive in proportion to their weight than to the adult. The nutritional cares, so much energetic as specific (macro and micronutrient) varying according to different factors: age, sex, growing up rhythm. The childhood is the best phase to start to perform positive attitudes in relation to the nourishment and this learning also may be done at home, with the parents, having the parents as standard and the provide of a varied nourishment in vitamins, proteins, minerals (MOURA, 2005).

In Brazil, although the main nutritional problems are result of the lack of financial resources to acquire food, factors like the non-information, the publicity pressure and the nutritional and social habits need to be considered. For all that, the educative activities about nutrition may and must be used like an important instrument of support to the health promotion. This relation between nourishment and health has been detached more and more like a research and talk object in some areas related to health, due to big risks that a wrong nourishment represent to the people health (ZANCUL, 2004).

In view of the concern that the nourishment is generating and its consequences like the increasing rise of the obesity in students, this study aims to diagnosis which food are the most consumed by children and teenagers from private institutions of the city of Fortaleza.

METHODOLOGY

Research planning

This study is a transversal delineation study and by convenience. During the month of September was done the visitation to some private schools in Fortaleza to verify which products were most sold and what was being offered to the students.

Sample

The sample was constituted by 32 private schools from Fortaleza. The choice process of the schools was done intentionally and divided trough the three zones of the city: South Zone, where are the best schools of the city: Downtown, takes care of a public from varied economic sectors and the North Zone, that receive students from Fortaleza and near localities.

Instruments and Procedures

To the data collect was used a questionnaire that was composed by 5 questions, being one about the food that were sold by the canteens, 2 about the products that are most and the least consumed by the students, 1 to verify a probable nutritional accompaniment and 1 to observe the sell of food in the school sidewalk.

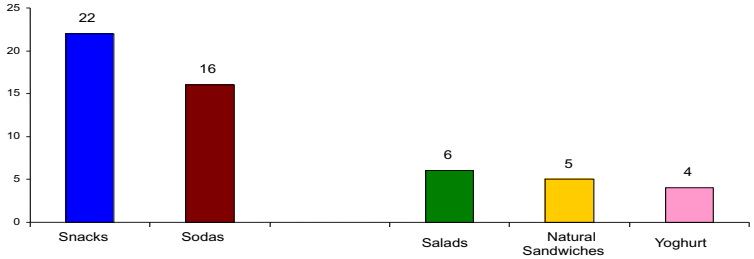
Results

In relation to the food that are offered to the school canteens, in accord to the city zone, may be verified that the carbohydrate, industrialized, vitamin and protein are offered in all the school canteens of the city (Look table 1). However, the GRAPHIC 1show us that the carbohydrates group is the most consumed by the students and the protein group is the least consumed.

TABLE 1. FOOD OFFERED IN PARTICULAR SCHOOL CANTEENS

	Carbohydrates	Proteins	Vitamins	Industrialized
South Zone Schools	26,30%	16,66%	30,13%	28,20%
Downtown Schools	52,58%	59,24%	47,95%	47,86%
North Zone Schools	21,12%	24,10%	21,92%	23,94%

In the carbohydrates group detached the snacks and sodas (100%) respectively, sandwiches and chocolate with 93,8 % and candies with 90,6 %, being them offered in all the canteens. In the proteins group the yoghurt is offered in 62,5 % and chocolate milk is offered in 59,4% of the canteens. The fruit juice is offered in 87,5 %, followed by the fruit salad and cereal bar (68%). The presence of industrialized is very detached in the offered food, being the candies (96,9%) the most present, followed by snacks and industrialized juice (93,8%).



GRAPHIC 1 THE MOST AND LEAST FOOD CONSUMED BY THE STUDENTS.

In the canteens was verified the absence of professionals of the nutrition area in the most of the schools (59,4%) and also was detected the presence of ambulant sellers in the schools outside, aggravating even more the consume of the carbohydrates such like: potatoes - French fries and crayons.

DISCUSSION

One of the great obstacles to the standard nourishment of children and teenagers begins in school lunch. By the shame or the difficulty of identification before the group that they coexists, the young consumer of sandwich, french fries and soda (fast food) will end believing that his habits are healthy and, so, better than the habits of many school mates (April, 2003). In front of this disillusion many canteens try to sell each time more the sandwiches, sodas, ice creams etc, all that could attract the infantile-young consumer. In the present research was verified that the carbohydrates group is present and is the most sold in the canteens, causing a worrying, because we know that them are a source of energy and these when are accumulated they are reserved in the form of fat in our organism (GUYTON, 2000).

The biggest aggravation is being the consume of snacks, candies, between others carbohydrates, by the students that the School Resource Departure (Departamento de Suprimento Escolar, DSE) made a list with the food that may be commercialized. In spite of had not occurred none prohibition to any food, the selling of sodas is not recommend in the canteens (UNICAMP, 2004).

Is important consider that the simple sugars, have some collateral effects, and they may in the last analyses take to a nourish disharmony. This one corroborated by the fact of the carbohydrates group is poor in micro nutrients and have a high caloric content (CARMO, et al., 2006). Others studies show a high index in the consume of gasified drinks and food rich in sugars. Have been verified that in spite of the offer of healthy food there still is the preference, by the children and teenagers, for those dainties (sodas and snacks) (GARCIA, GAMBARDELLA, FRUTUOSO, 2003; BORGES & SOUZA, 2006).

The level of proteins and amino acids in adequate proportion has a basic importance to the development and growing up of the children. Every growing depend of the combination of natural factors and extern factors, like nourishment (FEET, 2002). The consume of proteins in the researched schools dues to the presence of milk and derivatives. According to the results we may verify that the offer of proteins by the canteens was shorter than the other food categories.

In 2004 was done a research between the students of universitary college where was started a work in the scholar canteen to improve the nutritional quality becoming the menu healthier, with more healthy options. For that was done a initial diagnosis of the food that were offered in the canteen, then was done some proposes to the owner, like prescriptions of natural sandwiches and juices (PINTO et al., 2004).

In the researched schools the canteens that had one specialized functionary in nutrition that made the alterations in the menu to increment the healthy food…. But, researches corroborating to this study prove that, even with the alteration of the menus of these schools, the students nutritional habits did not change. Being opposite to the results of this study, a research as done in a public school in São Paulo demonstrates that the medium consume of energetic food and proteins exceed the recommendation (ALBANO & SOUZA, 2001).

Just like the proteins, the vitamins have a basic paper in the human organism. They also combat specially the free radicals and reinforce the immunologic system. However, maybe by the lack of information of the parents or by the do not orientate their children, they do not balance their diets and consume an excess of carbohydrates.

Another point verified about the food ingestion, was the relevant consume of industrialized products by the students.

In relation to the consume of industrialized products, there are not specific recommendations, identifying the quantity and frequency of them in the infantile diet. The main nutritional recommendations nowadays emphasizes the incentive to the consume of a bigger variety of "in natura" food, what includes bread, cereals, fruits, and vegetables, using the salt and the sugar with moderation (AQUINO & PHILIPPI, 2002).

Diverging from the recommendations made by the specialists, the present research verified that the majority of the products offered by the scholar canteens and consumed by the students have a high caloric value and do not satisfy the quantity recommended to the organism.

Certainly, the diet has an important duty in the growing up peak during the adolescence, by the possibility of interfere in the maintenance and/or the increasing of the growing up speed (catch-up) during this period. However, we may point out also the influences of the precarious life conditions and home during this period, even during the adolescence. (ALBUQUERQUE e MONTEIRO, 2002).

In a general way, the food sold in the canteens offer few resources to the adolescence period happen in the limits that may optimize the performance of the linear development. The bit use of milk and derivatives, as much as fruits, juices, vegetables, and integral cereals, contributed to the found.

The method used did not include the variation intra and inter-personal, but hardly would have a qualitative important change of the point of view of the consumed food by this group. Then, in spite of recognize that the periods of childhood and adolescence have own characteristics to the formation of the new nutritional habits, can not be excluded the importance of the acquisition power in the consolidation of them.

CONCLUSION

With the results of this study we may conclude that the canteens must increment healthier foods in the respective menus and create a conscience in parents and children about the health nutrition to a good life quality and prevention to obesity and the others dyslipidemia.

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ANALYSES OF THE FOOD SOLD IN THE PARTICULAR SCHOOLS CANTEENS IN THE CITY OF FORTALEZA, CEARA

ABSTRACT

The school performs a fundamental duty in the formation of the children life habits and personality, beyond the global educative contents, she also is a great responsible for the food consumed by the students. The bad nourishment and the sedentary life style are contributing to the appearance of new co-morbidity and amongst them the excess body weight in result of the obesity. The problems of the undernourishment and the obesity in children and teenagers, in Brazil, reinforce the importance of the promotion of health actions, enlarging data about nutrition and health, offering activities that develop the eat act and what to eat. In view of the concern about the nutrition quality and consequences like the rise of the obesity, the present study aims diagnosis which food are the most consumed by the children and teenagers from private schools in the city of Fortaleza. This study is a transversal delineation study and by convenience. The sample was made in 32 private schools, during the month of September. The schools were from three different zones: south zone, downtown and north zone. To the data collect was applied a questionnaire with 5 questions about the food sold and nutritional accompaniment. The analyses of the results was trough the descriptive statistic, program SPSS 13.0. The results show us that the carbohydrates, industrialized, vitamins and proteins are offered in all the canteens. The carbohydrate group is the most consumed and the proteins group is the least consumed by the students. In a general way, the food sold in the canteen offer few resources to the period of the adolescence happen in the limits that may optimize the linear growing up. We may conclude that the canteens must increment healthier foods in the respective menus and create a conscience in parents and children about the health nutrition to a good life quality and prevention to obesity and the others dyslipidemia.

Key-words: Nourishment, canteen, students.

ANALYSE DES NOURRITURES QUE VENDUS EN CANTINES DES COLLÈGES PRIVÉS DE LA VILLE DE FORTALEZA, CEARA

RESUME

Le collége exerce rôle fondamental en la formation des habitudes de la vie et personnalité de la enfant, au-delà du contenu educatif global, elle aussi est grand responsable par la nourriture consumée par les élevés. Le mal-nutrition et le sedentairisme sont entre de contribuer pour le surgiment des plusiers co-morbidité et parmi d'eux , le excès de poids qui découle de la obésité. Les problems de peu nutrition et obésité en enfats et adolescents, en Brésil, on renforcent la importance de l' actions de promotion de la santé, on est de allonger informations de la nutrition et santé, on est entre de ofrir activités qui développennt le acte de manger et le que manger. Visant la préocupation avec la qualité de la nourriture et conséquences comme le augment de la obésité, le present étude objective diagnostiquer qui nourritures sont plus consumées par enfats e adolescents de instituitions privés de la ville de Fortaleza. Le travaill est un étude de esquissement transversal et par convenance. L'échatillon a été realisée en 32 colléges privés, pedant le mois de septembre. Les colléges ont été de trois zones de habitation: zone sud, centre e zone nord. Pour la cueillette de les facteurs, on a été utilisé un questionnaire avec 5 questions au respecte des nourritures ont été vendues et acompanhegment nutritional. L'analyse des résultats ont été à travers de la statistique descriptive, logiciel SPSS 13.0. Lês résultats nous nous montrent que les carbohidrates, industrialisés, vitamines et protéines sont ofrant en tout les cantines.Les groups des carbohidrates sont lês plus consumés et des protéínes sont le moins consumés par les élevés. En une forme général, les nourritures vendues en cantines ofrent peu ressources pour le période de la adolescence survenir dans de limites qui aident le performance du croissance ligner. Nous pouvions conclure que les cantines doient ajouter nourritures plus salutaires em les respectives menus et donner conscience parents et élevés de une alimentation salutaire pour une bonne qualité de vie et la prévention a l' obésité et autres dislipidemias.

Mots-clés: alimentation, cantine, élevés.

ANALICE DE LOS VITUALLA VENDIDOS EN LAS TABERNAS DE LAS ESCUELAS PECULIAR DE LA CIUDAD DE FORTALEZA, HABÍA TOMADO LA CENA

RESUMEN

Las obras escolares la parte fundamental en la formación de los hábitos de vida y la personalidad del niño, además del volumen educativo global, ella también es grande responsable para el alimento consumido por los estudiosos. La malo-nutrición y los sedentarismo están contribuyendo a la apariencia de varios co-morbidades y entre ellos, el exceso de peso debido a la obesidad. Los problemas del subnutrição y obesidad en los niños y adolescentes, en Brasil, ellos refuerzan la importancia de las acciones de promoción de salud, mientras agrandando la información sobre la nutrición y salud, ofreciendo actividades que desarrollan el acto de comer y qué comer. Tiende en la vista la preocupación con la calidad del alimento y consecuencias como el aumento de la obesidad, el estudio presente apunta a diagnosticar que los vitualla son consumidos más por los niños y adolescentes de instituciones peculiar de la ciudad de Fortaleza. El trabajo es un estudio de delineamento atravesado y para la conveniencia. La muestra estaba cumplida en 32 escuelas privadas, durante el mes de septiembre. Las escuelas eran de tres

casa divide en zonas: la zona sur, centro y zona norte. Para la colección de los datos, una encuesta se usó con 5 asuntos el considerando los vitualla vendidos y nutricional de acompañamiento. El análisis de los resultados había terminado las estadísticas descriptivas, programa SPSS 13.0. Los resultados nos muestran que el carboidratos, industrializó, se ofrecen vitaminas y proteínas en absoluto las tabernas. Los grupos del carboidratos son los consumimos y de las proteínas es él menos consumido por los estudiosos. De una manera general, los vitualla vendidos al he/she de las tabernas ofrecen los pocos recursos para el periodo de la adolescencia pasar dentro de límites que perfeccionan la acción del crecimiento lineal. Nosotros podemos concluir que las tabernas deben aumentar los vitualla más saludables en los menús respectivos y padres conscientes vueltos y estudiantes sobre un alimento saludable para una calidad de vida buena y prevención la obesidad y otro dislipidemias.

Palabra-importante: alimentando, la taberna, la escuela.

ANÁLISE DOS ALIMENTOS VENDIDOS NAS CANTINAS DAS ESCOLAS PARTICULARES DA CIDADE DE FORTALEZA, CEARA

RESUMO

A escola desempenha papel fundamental na formação dos hábitos de vida e personalidade da criança, além do conteúdo educativo global, ela também é grande responsável pela alimentação consumida pelos escolares. A má-nutrição e o sedentarismo estão contribuindo para o surgimento de diversas co-morbidades e dentre elas, o excesso de peso decorrente da obesidade. Os problemas de subnutrição e obesidade em crianças e adolescentes, no Brasil, reforçam a importância das ações de promoção de saúde, ampliando informações sobre nutrição e saúde, oferecendo atividades que desenvolvam o ato de comer e o que comer. Tendo em vista a preocupação com a qualidade da alimentação e conseqüências como aumento da obesidade, o presente estudo objetiva diagnosticar que alimentos são mais consumidos por crianças e adolescentes de instituições particulares da cidade de Fortaleza. O trabalho é um estudo de delineamento transversal e por conveniência. A amostra foi realizada em 32 escolas particulares, durante o mês de setembro. As escolas eram de três zonas de moradia: zona sul, centro e zona norte. Para a coleta dos dados, foi utilizado um questionário com 5 questões à respeito dos alimentos vendidos e acompanhamento nutricional. A análise dos resultados foi através da estatística descritiva, programa SPSS 13.0. Os resultados nos mostram que os carboidratos, industrializados, vitaminas e proteínas são oferecidos em todas as cantinas. Os grupos dos carboidratos é o mais consumido e das proteínas é o menos consumido pelos escolares. De uma forma geral, os alimentos vendidos nas cantinas oferece poucos recursos para o período da adolescência acontecer dentro de limites que otimizem o desempenho do crescimento linear. Podemos concluir que as cantinas devem acrescentar alimentos mais saudáveis nos respectivos cardápios e conscientizar pais e alunos sobre uma alimentação saudável para uma boa qualidade de vida e prevenção a obesidade e demais dislipidemias.

Palavras-chave: alimentação, cantina, escolares.