



Healthy school canteen – a project introduction

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The origin of the project

- the project has been developed at Public Health Institute Prague in 2013
- in cooperation with experts on nutrition and staffs of regional health authority
- it is funded by Public Health Institute and Ministry of Health
- project is in accordance with government documents Health 2020
- is free of charge for all interested persons

Basis for recommendation

- principles of the project are based on the results of monitoring provided regional health authority
- based on the results of scientific studies on the nutritional composition of school lunches 2015-2016
- WHO 2006 Copenhagen – **Food and Nutrition Policy for Schools** (*A tool for the development of school nutrition programmes in the European Region*)

Individual cooperation with school

canteen

- individual work with each school canteen
- starting from its current state - technological, staffing, dietary variety, regulatory compliance, etc.
- each canteen during the project solves their specific "weaknesses" in a manner that is acceptable or available
- the most common changes relate to the diversity of the menu and the frequency of classification of individual types of food
- employees of school canteens receive a comprehensive and valid information that give them context, on the basis of which they are able to make the right decisions and navigate the new information
- collaboration with teachers and parents

Schools working in the project

- the project aims to provide enough valid information, materials, manuals, tools to facilitate their work or orientation with selecting food, preparing a varied menu
- the aim is to permanently offer nutritionally valuable food in school canteen
- schools can work independently with the information or they can register in the project
- thanks to registration a lecturer will start to cooperate with them to help meet the criteria
- the project website appears to the school canteen which has taken an active lecturer
- they are not visible to those that have registered, but are waiting to cooperate with the lecturer

Schools working in the project

- project website www.zdravaskolnijidelna.cz
- school canteen should meet 10 criteria
- 6 of these criteria are based on the methodology approved by the Ministry of Health
- 4 criteria are used to increase the nutritional literacy of diners and the school canteen staff
- currently over 100 school canteens are actively involved, 33 of them have the certificate Healthy school canteen (they met all the criteria)
- there are more than 50 lecturers involved in the project – they have extensive experience with school canteens

10 criteria

1. The school canteen offers diners unsweetened drinks every day
2. **The menu is varied and balanced (Nutritional recommendation)**
3. **The diner factually gets on the plate what is reported, according to the legislative requirements**
4. **Meals are prepared primarily from basic fresh ingredients with regard to seasonality**
5. **Flavoring mixtures are used minimally**
6. The meals are less salted with regard to child diners
7. The menu is publicly available
8. The school canteen serves as a source of information about proper nutrition
9. The school canteen communicates with diners, parents and educators.
10. The school canteen acquaints diners with traditional cuisines of other countries

For each criterion an exact procedure or guideline is drawn how to meet it.

Materials, manuals, tools

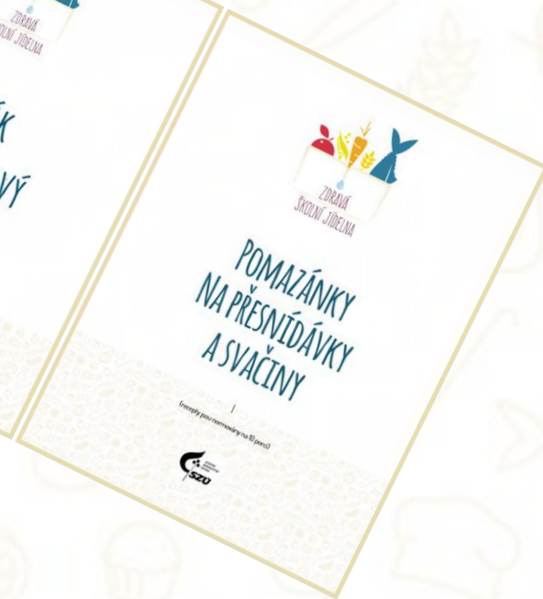
RÁDCE ŠKOLNÍ JÍDELNY 1

NUTRIČNÍ Doporučení MINISTERSTVA ZDRAVOTNICTVÍ
KE SPOTŘEBNÍMU KOŠI



RÁDCE ŠKOLNÍ JÍDELNY 2

OBJEKTIVNÍ VEDENÍ SPOTŘEBNÍHO KOŠE



→ **Minicook** – meatless recipes with less salt

→ **Mentor school canteens 3** – Norm - serving



Cooking course for cooks



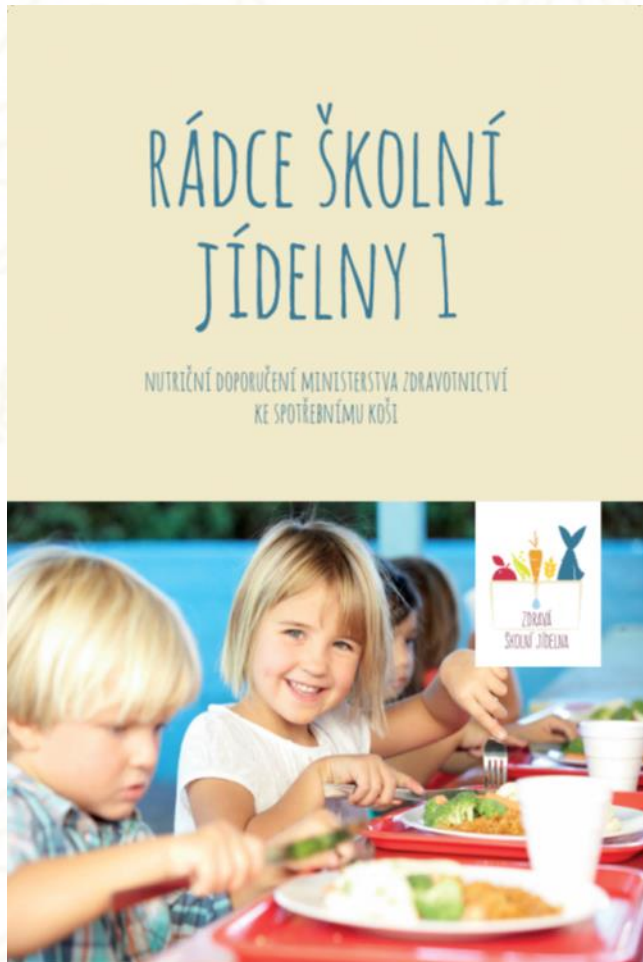
Another activities

- days of international cuisine (Thailand, Norway)
- competition for the best school lunch 2016

Criterion 1 – drinking regime

- the daily menu should contain unsweetened non-milky beverage
- another offer is supplement drink moderately sweet milky or non-milky
- moderately sweet beverage means **20g sugar per 1 liter done beverage**
- not recommended beverages with sweeteners

Criterion 2 – nutrition recommendation



- Planning a varied diet
- methodology approved by Ministry of Health since 1.9.2015 – checks regional health authority without sanction
- methodology is voluntary
- recommendation respect own pace of school canteens, influenced by the number of employees, technical background, entry level
- the lecturer helps to solve problems and suggests possible procedures
- changes must get used to the diners and also staff

Criterion 3 — Objectivity legislative documents



- the diner factually gets on the plate what is reported, according to the legislative requirements
- this is a detailed analysis of errors and subsequent correction in the stock cards

Criterion 4 – using basic fresh ingredients

- recommendation - dishes flavored with herbs, garlic, spices single-flower
- using seasoning mix is not forbidden but only for final adjustments
- when using seasoning mix the taste of food changes (intensified) during the time of dispensing
- seasoning mix are expensive
- the lecturer learns school canteen staff read the labelling of products – composition – salt content, fat content, the proportion of dried vegetables (fat 1,2g, SFA 0,6g, proteins 4,5g, carbohydrates 30,7g, including sugar 12,6g, salt 55,6g)

criterion 5 — flavoring mixtures are used minimally

- recommendation - using basic and fresh ingredients - **75% or more**
- fresh ingredients - the least processed or processed with minimal influence natural taste
 - **Vegetables** - fresh, frozen, fermented
 - **Fruits** - fresh, frozen
 - **Potatoes** - unpeeled, peeled, mix for potato dumplings with a high percentage of potatoes
 - **Cereals** - rice, pasta, bulgur, couscous, buckwheat, millet, barely, pastry without salt on the surface

Criterion 5 — flavoring mixtures are used minimally

- **Meat** – chilled, frozen, uncoated, untreated, without marinades and **spices**
- **Fish** – fresh, frozen, smoked, canned
- **Meat products** – braised ham with a high meat, salt content 1,7%
- **Diary products, milk** – yogurt, cottage cheese, unsweetened milk, cheese with less salt
- **Legumes** – dried, canned
- **Nuts and seeds** – unsalted, unsweetened, unroasted
- **Eggs** – raw, melange
- **Fats** – vegetables oils, butter, quality margarines
- **Starch, puding powder** – without coloring

Criterion 6 – The meals are less salted

- during the following 12 months of joining the project will reduce salt consumption by 10%
- helps the document „Salt rationally“ – free downloaded



Criterion 7 –publicly available menu

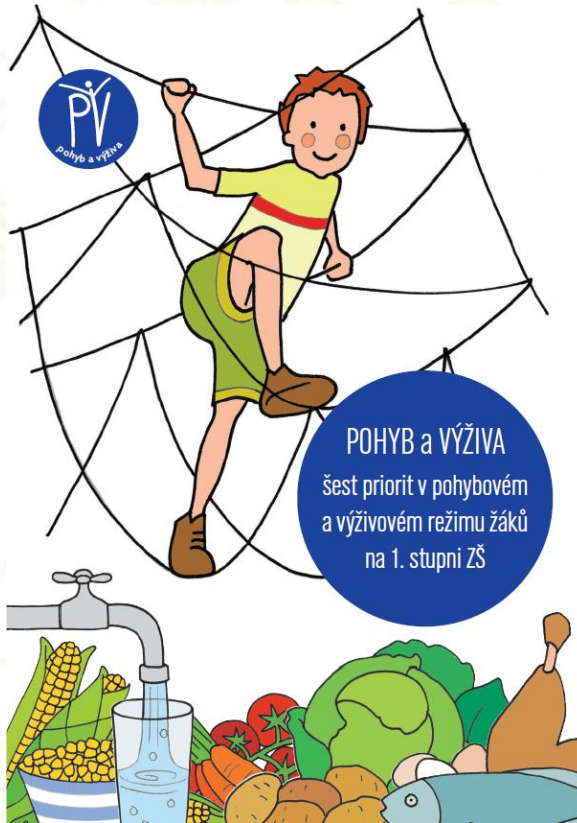
- the project is transparent
- the menu should be tracked back on school canteen website to compare the development

Criterion 8— school canteen as a source of information

- transmission of information in school canteen by decoration
- transmission of information
- the participation of children in the school canteen decoration
- school canteen should be a space where children enjoyed with respect to have enough time for meal, available dishes, dining culture, etc.
- organization of project days, meetings with parents - public tasting

Kritérium 9 – communication

→ help materials, methodologies, tools from other projects - www.pav.rvp.cz

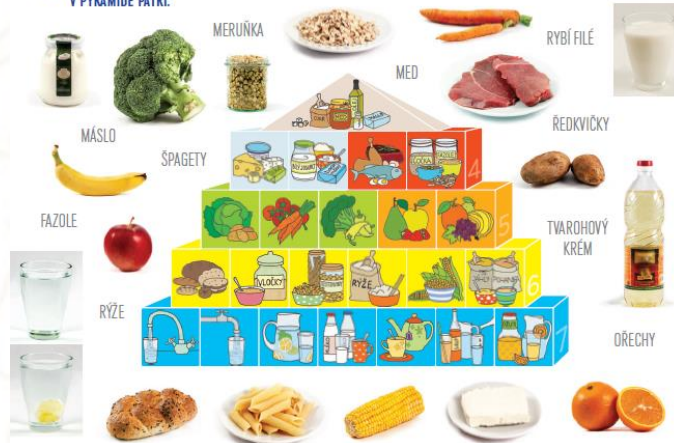


PYRAMIDA VÝŽIVY PRO DĚTI

KÁŽDÝ DEN NAŠE TĚLO POTŘEBUJE POTRAVINY A NÁPOJE ZE VŠECH PATER PYRAMIDY VÝŽIVY PRO DĚTI. POKUD BYS STAVĚL A SVĚ TĚLO JEN Z NĚKTERÝCH ČÁSTI PYRAMIDY, TVÉ TĚLO BY NĚMĚLO DOST ENERGIE NA RŮST, POHYB, HRANÍ A UČENÍ. TAKÉ BY SE MU HŮŘE BOJOVALO PROTI RŮZNÝM NEMOCEM. PROTO SPRÁVNÁ VÝŽIVA MUSÍ BÝT PĚSTRÁ.



1 PROHLÉDNI SI PYRAMIDU VÝŽIVY PRO DĚTI A BAREVNĚ ZAKROUŽKJ POTRAVINY A NÁPOJE PODLE TOHO, KAM V PYRAMIDĚ PATŘÍ.



2 DOPLŇ VYNECHANÁ SLOVA.

V prvním patře Pyramidy výživy pro děti se nacházejí tekutiny neboli N _____.
 Druhé patro obsahuje PEKAŘSKÉ VYROBKY, OBILOVINY, T _____ a RÝŽI.
 O _____ a Z _____ se nacházejí ve třetím patře.
 Ve čtvrtém patře jsou M _____ V _____ a také MASO, V _____,
 L _____ a O _____. Tuky, cukry a sůl se nacházejí ve vrcholu pyramidy.

2

Které další potraviny umíš zařadit do pyramidy? Umíš pojmenovat jednotlivé části Pyramidy výživy pro děti? Víš, které potraviny jsou rostlinného původu a které živočišného? Co ti chutná z jednotlivých pater?

1 PŘEČTI SI BÁSNÍČKU.

Pyramida výživy

Ať mě tělo všechno zvládá,
 musím mu dát, co si žádá.
 A jak na to? Dobře vím,
 pyramidu postavím.
 Ať se stavba těžko zboží,
 tekutiny základ tvoří.
 V druhém patře vždycky mám
 pečivo, co dobře znám.
 Zdravých věcí je tu více -
 jáhly, kroupy, kukuřice,
 různé druhy od těstovin,
 rýže a všech obilovin.
 V třetím patře nepominu
 ovoce a zeleninu.
 V čtvrtém patře maso, sýry,
 vajíčka a jogurt bílý.
 Ořechy a mořské ryby -
 to se mému tělu líbí.
 Ať má stěva nejspou linká,
 nesmí chybět luštěnina.
 Každý den si budu v klidu
 stavět svoji pyramidu!

3 POROVNEJ POTRAVINY A NÁPOJE S VELIKOSTÍ SVĚ PĚSTI ČI DLANĚ. ZAKROUŽKJ TY, KTERÉ JSOU VELKÉ JAKO TVÁ PORCE.



4

4 ROZHODNI, KOLIK PORCÍ POTRAVIN Z PŘÍSLUŠNÝCH PATER PYRAMIDY JE UVEDENO V BAREVNÉM RÁMEČKU. NAVRHNÍ DALŠÍ PORCE TAK, ABY SOUHLASIL DOPORUČENÝ POČET PORCÍ.

2 plátky sýru
1 vejce

4

malá miska mšiči
půl rohlíku
2 kopečky rýže

6

půl papriky
1 mrkev
1 mandarínka

5

2 VYBER TALÍŘ SE SPRÁVNOU VÝŽIVOU.



PORCE JE VELKÁ JAKO SEVRĚNÁ PĚST ČI ROZEVRĚNÁ DLANĚ.



7

Co znamená pestrá strava? Kolik porcí máš denně sníst z jednotlivých pater Pyramidy výživy pro děti? Jak velká je tvá porce? Jedlá jsi dnes potraviny ze všech pater pyramidy?

3

Criterion 10— traditional cuisine of other countries

- introduction of international cuisines
- practical courses of cooking under the supervision foreign cook with participation cook from school canteens
- utilization of new knowledge in school canteens

Conclusion

- the hardest work arises for school canteens after they have been awarded the certificate
- it is necessary to maintain the motivation to continue with the set standards
- certified school canteens are randomly checked once a year

Thanks for your attention

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