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RESEARCH ARTICLE

ANALYSIS OF FOOD HABITS AND PRACTICE OF PHYSICAL EXERCISES OF STUDENTS OF THE CITY OF RECIFE – PE.

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Abstract

Healthy eating is essential for children at all stages of their development, including during the school-age period, promoting growth and health promotion. However, as well as other underdeveloped countries, Brazil underwent a change in the quality and quantity of food and lifestyle, which affected the health of Brazilians in a harmful way. In addition, it is important to know that eating habits learned during childhood influence eating behavior in adulthood. Therefore, it is necessary to understand the food preferences of school-age children for effective interference in order to improve the quality of infant feeding. The objective of this study was to analyze the eating habits and the physical exercise practice of students from the municipal school Casa dos Ferroviários in Recife - Pernambuco. The research was carried out with authorization from the WICF. The representative sample comprised 43 children with an average age of 10 years. For the study, structured questionnaires were elaborated in the classroom, elaborated with ten closed questions about eating habits. Subsequently, the answers were evaluated according to a score previously established for each question. After the evaluation of the data, it was verified that: 6.98% of the children had insufficient diet, 86.04% of the students had a good diet, but still not ideal and 6.98% presented adequate diet. Therefore, in the evaluation of the data, the need to promote food re-education was introduced, introducing nutrient-rich and varied food options in order to improve child health and quality of life.

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Introduction:-

In school age, as well as in other stages of the child's development, healthy eating is one of the determinants of growth, promotion and maintenance of health, avoiding diseases related to an inadequate diet (CRUZ et al., 2001;

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PORTUGAL, 2013). Thus, the intake of nutritional and preserved quality foods should be introduced into the diet of children respecting their daily nutritional requirements (BRASIL, 2012). However, Brazil, like other underdeveloped countries, underwent important changes in the quality and quantity of food consumed besides changes related to lifestyle, generating health problems for Brazilians (BATISTA FILHO and RISSIN, 2003; KAC and VELÁSQUEZ-MELÉNDEZ, 2003). In addition, it is important to know that eating habits learned during childhood directly influence the eating behavior of adulthood, making it necessary to understand children's dietary preferences for effective interference in order to improve the quality of dietary intake childlike (VALLE and EUCLYDES, 2007). The present study had as objective to analyze the eating habits and the practice of physical exercises of students of the Municipal School Casa dos Ferroviários in Recife - Pernambuco.

Methodology:-

The study was developed in the municipal school Casa dos Ferroviários in Recife-Pernambuco. The research was performed through authorization, through the Written Informed Consent Form (WICF) for minors under 18, resolution 466/12. The representative sample comprised 43 children with an average age of 10 years. Structured questionnaires were elaborated with closed questions in the formal teaching space. The students received the activity that contained 10 questions to answer individually about food consumption and practice of physical activities, these questions addressed in relation to the day: the amount of water intake and fruit; the fractionation of meals; the preference of food in the main meal (breakfast); the habit of bringing snacks to school; During the day or week: the frequency of consumption of vegetables or red meat; frequency of physical activity practice; type of fat most used in foods consumed and frequency of intake of artificial beverages (Table 1).

Table 1:-Food habits questionnaire

Test of eating habits		
1) How many glasses of water do you drink per day?		
I do not drink much water	Less than four cups	More than five glasses
2) How many times a day do you eat (also count the morning and afternoon snacks)?		
Once or twice a day	Three to four times a day	More than five times a day
3) What is your breakfast like?		
Black coffee and at most one biscuit	Coffee with milk, white bread, margarine, cheese and ham	Fruits and natural juices, whole grains, tapioca, whole wheat bread
4) What, on average, is the amount of fruit you consume per day?		
Do not eat fruits nor drink natural fruit juice every day	Two or less units	Three units or more
5) What do you take from snack to school?		
I do not take any type of snack	Chocolates, breads, filled biscuits, snacks, soda	Ruit, yogurt, whole-wheat bread sandwich
6) Do you consume any kind of vegetables or vegetables every day?		
I do not consume vegetables or vegetables	Two or fewer times a week	Every day
7) How many times a week do you eat red meat?		
Every day	I do not eat red meat	Twice or more
8) How many times a week do you practice physical activities?		
Every day	Twice or more	I do not do any physical activity
9) What kind of fat is most used in your home to cook food?		
Vegetable oils	Margarine	Butter
10) Do you usually drink artificial beverages (box juice, soft drinks and flavored water)?		
I do not drink these drinks	Two or more times a week	Every day

Subsequently, the responses were evaluated according to a score previously established for each question (Table 2).

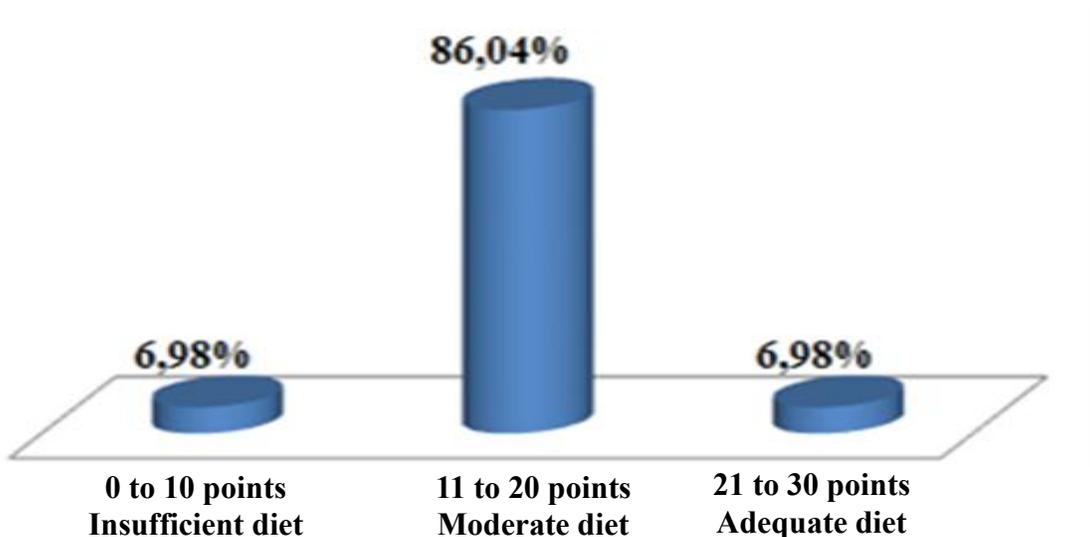
Table 2:-Score of the questionnaire by question

Question 01	a) 0	b) 1	c) 3
Question 02	a) 0	b) 1	c) 3
Question 03	a) 0	b) 1	c) 3
Question 04	a) 0	b) 1	c) 3
Question 05	a) 0	b) 1	c) 3
Question 06	a) 0	b) 2	c) 3
Question 07	a) 1	b) 0	c) 3
Question 08	a) 3	b) 2	c) 0
Question 09	a) 3	b) 1	c) 0
Question 10	a) 3	b) 1	c) 0

Data analysis was then performed according to the standards established by the Brazilian food pyramid (BRASIL, 2003a and 2003b), where from 0 to 10 points referred to an insufficient and deregulated diet; from 11 to 20 points the diet was considered moderate, but it did not correspond to the ideal form of food consumption and from 21 to 30 points the diet was determined as adequate and satisfactory. The results were expressed graphically.

Results:-

After the evaluation of the data, it was verified that: 6.98% of the children presented an insufficient diet and a reflection on their eating habits was necessary, remembering that a deregulated diet can lead to the development of Chronic Non-Communicable Diseases (CNCDs) such as: obesity, diabetes, systemic arterial hypertension, heart problems, malnutrition, among others, and the diet should be rethought trying to improve it; 86.04% of the students had a good diet, but still not ideal, being important to analyze their eating habits, verifying what can be modified; and 6.98% presented an adequate diet, demonstrating how to make appropriate and balanced food choices, as shown in Figure 1.

Figure 1:-Quality of food consumption associated with the practice of physical activities.

Conclusions:-

In view of this, it was possible to understand that most of the students have a moderate diet, that is, a good diet being associated with the practice of physical activities. Despite this, food consumption has not yet been considered ideal because of some inadequate food choices. In this way, it is necessary to promote a dietary reeducation, introducing more nutritious and diversified food options in order to improve the health of children and quality of life.

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