

WORKSHOP 2.

Encouraging children to enjoy more veggies, fruits and berries – together
towards 5-handfuls a day!

If you have technical problems, write in the Zoom chat or email: sari.back@helsinki.fi



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sydän
tekee hyvää



Food
SCHOOL NETWORK



see
& eat



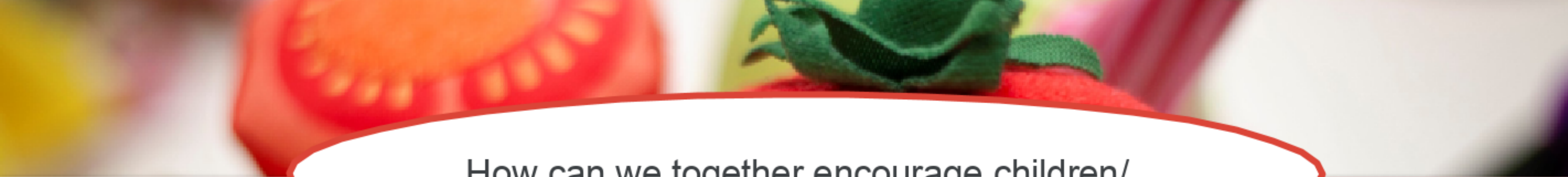
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we value
food



Food
GAMES OF FOOD



How can we together encourage children/
youth to eat more veggies, fruits and berries?

- The Finnish recommendation is 5 child's handfuls of vegetable/fruit per day.

(Eating together - food recommendations for families with children, THL 2019, <https://www.julkari.fi/handle/10024/137770>)

- According to the Dagis study, children ate less than 200g of vegetables and fruits per day (the recommendation is 250g per day). (<https://dagis.fi/in-english/>)

- It may take as many as 8-10 times before the child becomes used to a new taste especially when the taste is bitter (as vegetables often are).

(Spill MK, Johns K, Callahan EH, Shapiro MJ, Wong YP, Benjamin-Neelon SE, Birch L, Black MM, Cook JT, Faith MS, Mennella JA, Casavale KO. Repeated exposure to food and food acceptability in infants and toddlers: a systematic review. *Am J Clin Nutr.* 2019 Mar 1;109(Suppl_7):978S-989S. doi: 10.1093/ajcn/nqy308. PMID: 30982874.)

- Role models

- Involving children in food preparation / gamification

How can we together encourage children/youth to eat more veggies, fruits and berries?

Write down your ideas or wild suggestions.

at clubs?

Outdoor activities in field: plant fruit and vegetables and take care of them

Children often don't know a big variety of fruit and vegetables so we have to make them discover the FV world. The familiarity with FV is a first step

Challenge: Kids don't always have a voice in what food is being served at home - engaging the parents at home is important

Escape rooms would be excellent for older kids, my own son loved the idea of Zombie attack shown earlier. =)

Social Media competition: most colourful plate, funniest face made of vegetables

school garden to be developed

School canteen is a fantastic moment for FV promotion but teachers have to eat with children, not discarding food, commenting what he/she is eating on a constructive manner

use the school canteen as a platform to increase exposure to food (don't offer only what children likes) ... develop an "exposure plan" with the cook (e.g fennel season = fennel should be served at least 3 times a month)

I have two teenagers at home, and their role models are friends and YouTubers. I think they would like the escape room thing.

In Switzerland cooking course are in the school program for the 13 years old. Is it early enough? get inspired from Japan where the kids cook their lunch meal at school

Nice to hear!

More focus on how to involve the 'neuvola', i.e. the care provided to new parents. This way the parents are being engaged with food and nutrition from the get-go.

Get parents eat a larger variety of veg to be a role models! ("the veg challenge" - 1 new veg a month?) - European challenge making a lot of noise (via social media)

When we try to reach the parents we usually reach those who already think this is important, how to reach the rest of the parents, also those with limited resources?

Necessary but quite impossible to involve parents

Parents are very important role models for increasing the variety of vegetables used at home

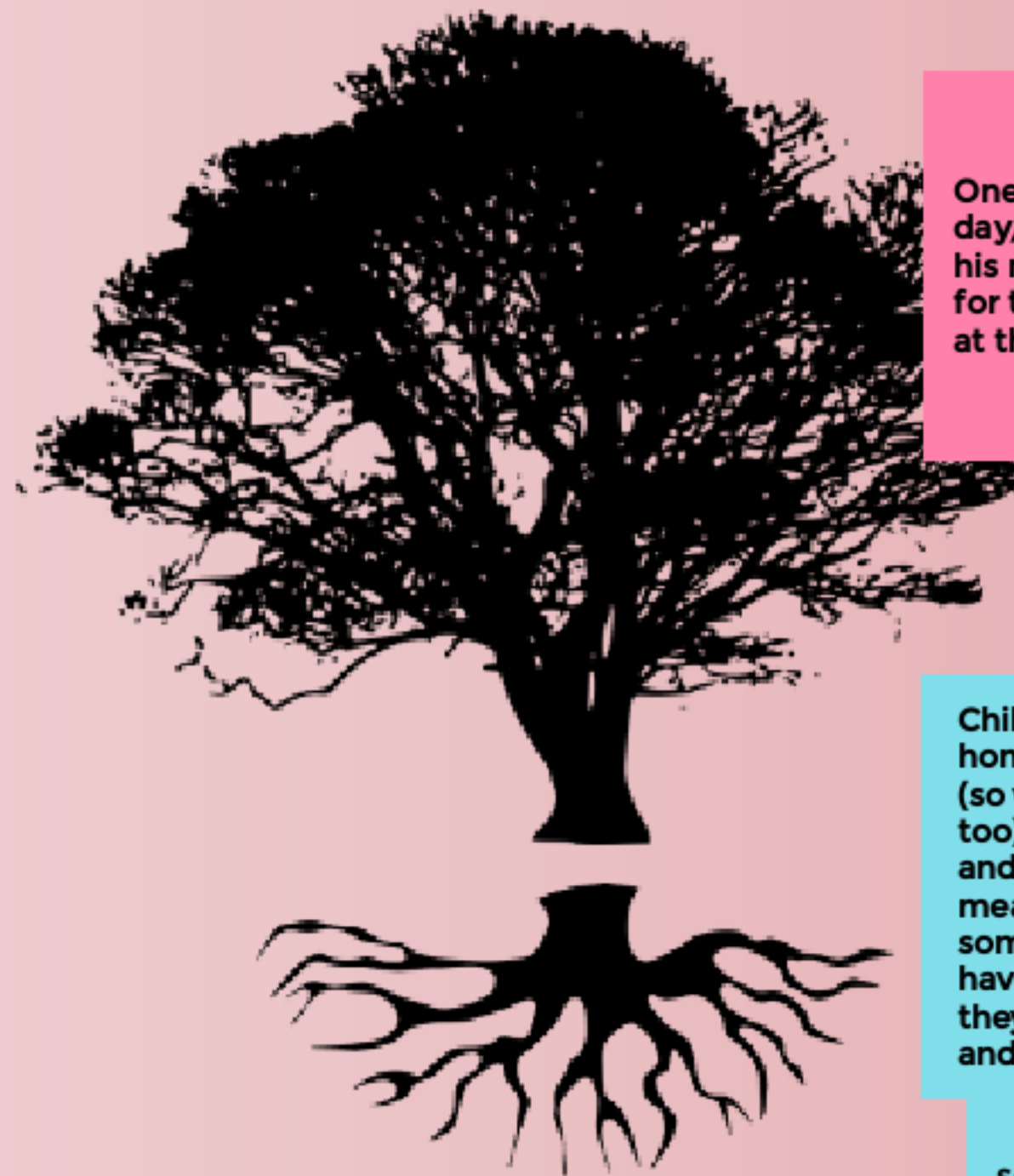
Free vegetable snack in schools?

Make cooking/food classes part of the school curriculum in primary school

link between canteen, parents and school should be reinforced... more holistic approach but what works?

There is a lot of great tools developed by researcher existing but not always translated in all language for easy access to schools, kindergarten etc. (for instance the smell & see books) - can we translate it and use it largely

side note : next challenge : the pulses and cereals ... If we want to move toward a more plant based diet we should not forget to increase the variety of pulses and cereals (not only wheat and rice)



Making cooking/food classes part of the school curriculum in primary school

What benefits are there of implementing this idea?

equality

Kids get familiar with different foods and vegetables

parents have no time/motivation/energy in the evening to get kids involved in the cooking process - this could be a way to expose & involve kids in cooking

One classroom one day/month can cook his menu with FV for the daily lunch at the canteen

Nationwide political decision (funding etc.)

Who should be involved?

education professional (didacticiens & teachers)

Food education professionals

canteen cooks

Children can cook at home with families (so we involve them too) or small groups and take the resulting meal at school or some photos and they have to describe what they have prepared and eat

teacher resources are limited - solution : get elderly volunteering to support and transfer their cooking knowledge

Engage school networks

What challenges are there to implementing this idea?

Funding

school program is already tight (maybe lunch time is more appropriate?)

Sort of competition: groups of children can cook at home and taste together at school

Work with the national school plan

How would we go about making this happen?

get the parents involved in the program?

What benefits are there of implementing this idea?

Better equality, at least one portion more that day

Who should be involved?

Local farms

The whole school, local farms

Kids have possibility to taste different fruits and vegetables

It's the objective of the FV european scheme



to taste but also see, touch, feel, peel, cut (familiarity)

for fruit or vegetable snack and make a sort of calendar in classroom with their name and children names and they have to write every fruit and vegetable they eat: the winner is the child that has eaten different FV of

child that has eaten most FV, of different colour in the right season

if too much fruits or veg - then make a "compote" or soup

What challenges are there to implementing this idea?

Avoid food waste, e.g. kids playing with the food

Allergies?

who is financing?

Free vegetable snack in schools

Engage local communities

How would we go about making this happen?

What benefits are there of implementing this idea?

A way to engage teenagers, that are at times harder to influence

Make food and vegetables more interesting and funny for kids

Food educators and game companies

Who should be involved?

A new way of learning about food and health in e.g. schools. If teachers are familiar with the game it makes their planning easier.

Reach a difficult target group. Practicing how to work together.

Food product companies

Schools, afternoon clubs, hobby associations



Easier to involve children if we add also physical activities

Could we create some online games or applications?

How can this be implemented at schools?

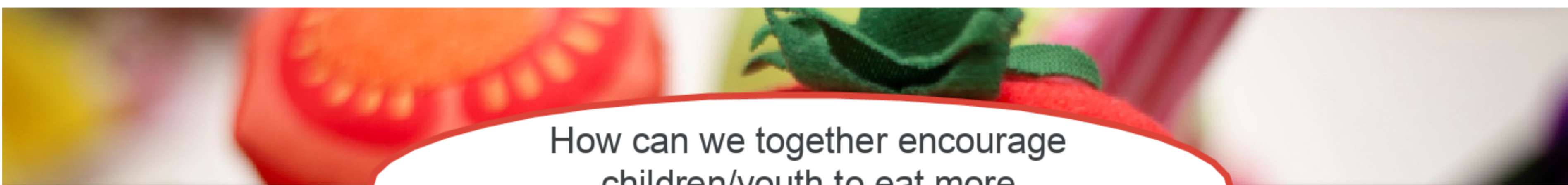
Empty rooms, products etc.

What challenges are there to implementing this idea?

Online or physical games - both have pro's and con's

Escape rooms for older kids

How would we go about making this happen?



How can we together encourage children/youth to eat more veggies, fruits and berries?

Our top three ideas:

1. Making cooking/food classes part of the school curriculum in primary school
2. Free vegetable snack in schools
3. Escape rooms for older kids