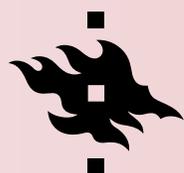


## WORKSHOP 4.

Food education for children and families with immigrant backgrounds –  
where we are and where we want to be?

We will start at 12.45



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sydän  
tekee hyvää



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## **WORKSHOP SCHEDULE**

12.45 – 3pm

- 1) The aims and principles of the workshop
- 2) Introductions
- 3) Brainstorming together
- 4) Wrapping up the workshop and feedback



## **AIM**

- Think of solutions to the challenge

## **PRINCIPLES**

- Everybody participates actively from their own starting point - different perspectives are valued and important
- Developing various ideas and modes of operation for different target groups and settings (homes, nurseries, clubs, schools)
- Remember to switch the mic off when not speaking
- Let's respect our workshop time together - please close other applications



## **BACKGROUND OF THE WORKSHOP THEME**

- 1/10 of the metropolitans have an immigrant background
- Lack of research on diets of immigrant(s) (families) in Finland
- Current research and our interviews raise nutritional concerns:
  - Breakfast? School and kindergarten meals?
  - Intake of sugar? Nutritionally poor snacks, mealtime habits?
  - Same concerns as with all families perceived more challenging due to the language barrier?
- Experience from the field suggests:
  - Culture- and language -sensitive supportive material needed for healthcare professionals



## INTRODUCTION

- Tell us who you are and where you work.
- Has the theme of this workshop come up during your week? Or why are you interested in this theme?
- We will shortly discuss these together (1min/participant).

The image features a central, dark blue, irregularly shaped graphic that resembles a splatter or a brushstroke. This graphic is set against a white background that is also covered in a light, greyish-blue splatter pattern. The text is centered within the dark blue area.

The next slides present the  
workshop session we had in  
Google Jamboard

Based on our work so far, one of the biggest challenges seems to be....

**Poor eating  
/skipping  
(pre)school  
meals**

**A shared  
challenge for  
children,  
regardless of  
cultural  
background**

**What  
school  
meal?**

**The Finnish  
school meal  
system since  
1948!**

<https://youtu.be/seKyUjiCJL8>

Today's challenge

# What factors may be influencing poor eating behaviours?

Brain-storming time: feel free to come up with any kind of ideas!

Write ideas on a sticky :)

family experience of variety food limited?

Vocabulary in their own language to describe sensations

lack of understanding from carers - perhaps they are nervous rather than the child?

Social pressure or social examples

What if the input come from families? If the parents are not so happy that their children "lose" the family habits?

Because, maybe, they are not used to flavours/ aromas. Or simply they are "neophobic"?

perhaps the family have a big snack or more liked food at home so the child waits?

Unfamiliar ingredients

Snacking

parents giving money for snacks

# What factors should be our main focus?

Voting time! Max. 3 votes/participant

Snacking

parents giving money for snacks

Vocabulary in their own language to describe sensations

Unfamiliar ingredients

family experience of variety food limited?

Because, maybe, they are not used to flavours/ aromas. Or simply they are "neophobic"?

Social pressure or social examples

peer and teacher role modeling

perhaps the family have a big snack or more liked food at home so the child waits?

What if the input come from families? If the parents are not so happy that their children "lose" the family habits?

lack of understanding from carers - perhaps they are nervous rather than the child?

# Chosen factor nr 1

Social pressure or social examples



Formed into an aim

Tackling the negative social pressure and promoting positive role models at school

How to achieve this aim?

Concrete actions needed? Who will take these actions?

positive role models both visually around them (posters?) and behaviourally - seeing staff eating and valuing the meal

Training the teachers to BE the positive model?

teachers having lunch with students

Teach teachers about micronutrients.

Remove pressure associated with mealtimes (both negative and positive - no rewards for example)

We need to make "cool" the healthy choices. By prizes? Games?

making school cafeteria more inviting

give the meal time and importance not a rush

Emphasizing food as a social event - taking the pressure of food as a function

food to help your brain or, help your body play sport better etc - not labelling it healthy

Test reasoning with the kids.

## Chosen factor nr 2

Influence from the family: discouraging or encouraging?

Formed into an aim



The family encourages the child to eat the healthy school meal.

Inspire parents to avoid processed stuff and to cook the food themselves. Example. We make our own pasta. For our kids that is something they take for granted by implicit learning.

cooking lessons with child and his parent

involve the family - invite them in to try the meals themselves,

Advocate the free school lunch for parents at homes

improve communication between the family and school meal provider

Making it visible and tell what we offer and why

How to achieve this aim?

**Concrete actions needed? Who will take these actions?**

Involve families in menu decisions. Organize, in turn, special days to taste different meals.

invite pupils to describe what they usually eat at home...

# Chosen factor nr 3

Unfamiliarity of the food

Formed into an aim



The children are familiar with the ingredients, flavors and aromas.

How to achieve this aim?

Concrete actions needed? Who will take these actions?

early years interventions are highly valuable here - supporting parents to explore in groups when weaning

olfactory perception should happen before the age of 3-4. At home.

Mielten school project adapted here aswell

this is where sensory food education can help children explore flavours remote from actually eating

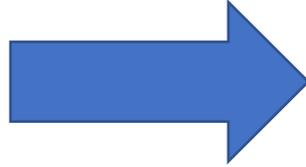
play with scents, food ingredients

asking student feedback for menu, get them involved :)

having a school council to discuss what goes on the menu so the children feel involved in choosing

# Conclusions

Aim 1: Tackling the negative social pressure and promoting positive role models at school



Both visually and behaviourally presented positive role models. Eg. Posters and teachers eating with the students

Making the meal time into an enjoyable event with enough time and social interaction

Find reasons (other than healthiness, too) with the children to eat the meal.

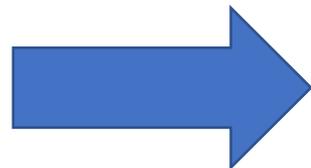
Aim 2: The family encourages the child to eat the school meal.



Involve the parents and improve communication about the school meal. Eg. invite parents to the school restaurant, involve them in menu planning

Promote cooking healthy foods at home eg. via student-parent cooking classes.

Aim 3: The children are familiar with the ingredients, flavors and aromas of the school meal



Sensory food education (Sapere) can help children explore new flavours and remote from actually eating.

Involving students in menu planning, eg. via the student council. Asking feedback on the menu and developing the food according to the feedback.