Teaching Young Chefs

Geymonat, Isabel
Geymonat, Stefania
Jorcin, Ana

We decided to investigate about the eating habits in young children between 5 and 11 nowadays as well as why they have acquired them. The research was done among children who live in Rosario, a city located in Colonia, Uruguay. We also detected a lack of knowledge about a healthy and balanced diet and so our purpose was to help them to be aware of it. As a result of this, we set our objectives on determine how these habits actually are to be able to establish those needed for a reasonable good nutrition. The hypothesis on what we began was that children do not have the right habits to achieve a balanced diet due to two clear factors. Time it takes to parents to prepare healthy food as well as the higher costs of it. Moreover, that varied and attractive dishes prepared at home are a good way to acquire a proper diet. To carry out the project we used the interview technique to professional people linked to the subject. Hypothesis was confirmed and as a consequence we started to make some workshops on the issue in many schools of the city.

Awards Won: