

BOOK OF ABSTRACTS

8TH MEETING OF YOUNG RESEARCHERS
OF UNIVERSITY OF PORTO



Perception of Caregivers about School Meals

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The requirements of the modern world leave parents with less and less time for their children, which determines that an increasing number of children attend to kindergartens where they consume much of their daily diet. Since it is during the first years of life that we acquire eating habits that persist into adulthood, parents should have the perception about the food service which their children attend in order to be able to participate on the improvement of its quality. Objective: To evaluate the caregivers perceptions about their children school meals. Methods: An autofill survey was applied to caregivers. Statistical analysis of the data collected was carried out using the IBM SPSS program version 22. Results: The results seem to indicate that caregivers give little importance to the menus and are not concerned about their children food intake at the kindergarten. There was also insufficient knowledge about the rules of good practice and hygiene in establishments by caregivers. Conclusion: It's clearly insufficient the knowledge that caregivers have about kindergarten's food service.