

BOOK OF ABSTRACTS



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- **16880 | Eat at school or out of school? Food consumption of students in secondary education in a private school**

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Introduction: Healthy eating is crucial for the normal growth and development of young people of school age, as well as for the promotion of their health, preventing diseases which one of the main risk factors is inadequate eating habits. Young people spend the majority of their time at school where they usually have at least one meal. It is important to promote healthy and adequate nutrition in the school community.

Aim: Evaluate the food consumption of students in secondary education at a private school and identify the main associated factors.

Methodology: The sample covered 135 students. A questionnaire was developed and directly applied, including socio-demographic and lifestyle information, food consumption in the previous 24 hours and place of consumption of meals (school or outside). The data descriptive analysis was followed by uni and multifactorial analysis to characterize the study sample according to the defined objectives.

Results: Most of the respondents did not consume complete meals, being dinner the most incomplete one (89.6%). The school canteen is the usual lunch spot for 63.7% of the students, while 24.4% do it outside the school and 11.9% take packed lunch. Lunches held in the school canteen and out of the school were more complete than those consumed by packed lunches. All of the participants practiced physical activity at school and spent an average of 2.7 hours in sedentary activities. The possibility of practicing a complete/ adequate lunch decreases with increasing hours of physical inactivity.

Conclusion: Most of the students did not eat meals completely, nor performed the recommendations of physical activity. A negative relationship with statistical significance was found between the practice of a complete/ adequate lunch and the hours of physical inactivity.

Keywords: Food consumption; Lunch place; Lifestyles; School age; Private school