

LEAL, Caroline Moreira. *Concepts of teachers and cooks on the consumption of fruit and vegetables in a public school from Rio de Janeiro, RJ, Brazil*. 2011. 106 p. Dissertation (Master Degree in Food, Nutrition, and Health) – Nutrition Institute, State University of Rio de Janeiro, Rio de Janeiro, Brazil 2011. *Advisor*: Silvia Ângela Gugelmin.

Abstract

Professionals involved in the school diet program can help with issues related to the consumption of fruit and vegetables (FV) in school, in the development of more suited interventions for this scenario. The objective of this research was to analyze the concepts of teachers and cooks at a public school in the city of Rio de Janeiro, Brazil, with regard to their own and the students' diet, especially in relation to the consumption of FV. This is a qualitative study, on which semistructured interviews were conducted with six teachers from the first years of primary education and five cooks in a public school. Based on the theoretical framework of Bourdieu, especially regarding his concepts of habitus and field, discursive practices were analyzed. The meaning of a healthy diet given by teachers and cooks has reproduced in a retranslated manner the scientific recommendations. According to the interviewees, some FV were not consumed daily due to lack of time, financial circumstances, personal preferences, and distance to the FV sale spots. They assigned different meanings to school diet, which included satisfying students' biological needs, accessing a variety of foods, and having commensality and learning experience. Regarding their concept on students' eating habits, some professionals reported that students wasted some fruit and vegetables, by throwing them out or at each other. These professionals claimed that the families of these students favored the fact that they did not accept this type of food at school. We understand that the willingness to consume FV is a social process structured in social relations. We have noted little willingness by students, teachers, and cooks, to include these foods in their diets. Some measures to encourage the consumption of healthy foods were mentioned by school professionals; for instance, the support of school staff and administration, the inclusion of this topic in the students' curriculum, the need to make food more attractive and improve how cooks prepare the food, adapting to local reality and to the tastes of the students. This information may help to build strategies that will promote the consumption of FV in the school environment, as well as expand public policy debate. Financial support: FAPERJ/EMBRAPA.

