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86.20 Perception of teachers and dinner-ladies concerning fruits and vegetables consumption by children at schools in the periphery of Rio de Janeiro city, Brazil

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Schools are important learning, living and care centers, and have become privileged spaces for healthy nourishment practices. This study aimed to evaluate the acceptance of fruits and vegetables by students, and the perception of teachers and dinner-ladies concerning this consumption. The project has been developed in eight schools in the periphery of Rio de Janeiro City, Brazil. During school meals, for three days, observers reported the acceptance and consumption of fruits and vegetables by students. About 3,300 observations were done. It was noticed that 85.2% children accepted the vegetables served at school, and 74.7% fully consumed them. As for the fruits, 81.0% accepted them and, among these, only 2.7% rejected them. Banana and orange were the most accepted fruits: 83.8% and 84.0% of children took them, respectively. Papaya was rejected by 26.2% of children. Zucchini and spring greens were the most accepted vegetables by 100% and 92.9% of children, respectively. Carrot was the most rejected one (28.6%), followed by potato salad with carrot, parsley and spring onion (26.1%), and beetroot salad (23.8%). According to the teachers' and dinner-ladies' opinions, banana (30.0%) and apple (30.6%) are the most accepted fruits, and papaya (62.9%) is the most reject one among children. In relation to vegetables, 44.7% declared that carrot is the favorite one, and beetroot (39.0%) the most rejected. It can be concluded that, as a whole, teachers and dinner-ladies have a good perception of the acceptance of fruits and vegetables among school children. The role of schools in offering food and promoting healthy nourishment practices must be highlighted.

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Learning Objectives: This study aimed to evaluate the acceptance of fruits and vegetables by students, and the perception of teachers and dinner-ladies concerning this consumption

Sub-Theme: Lessons learned from community-based public health research

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