**Promotions to increase sustainable consumption and nutritional curricular activities in schools**

- A comparative analysis study among public
primary/secondary schools in Denmark, Germany, Finland and Italy.

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# Abstract

The prevalence of overweight and obesity among children is currently increasing as trend of globalization. Schools as a setting may play a crucial role in preventing children from becoming obese and overweight, through providing healthy school foods and curricular activities. The current study aims to investigate the effectiveness of organic food intervention in school meals and nutritional curricular activities results in healthier eating behaviours among children. The research was conducted among school food coordinators (school staff in charge of the school food service) in the public primary/secondary schools (children age from 6 to 15 years old) in Denmark, Germany, Finland and Italy. The study was initiated in Denmark, and subsequently parallel performed in other three countries through a web-based questionnaire. The questionnaire was translated and adapted according to different native languages and food cultures. The questionnaire researched the attitude, policies and serving practices regarding promoting organic foods and healthy eating habits through school food service and classroom activities. The data illustrated that schools with organic supply or policies children tend to behave healthier, and schools were also more likely to promote nutritional education and availability of healthy food items. The study among the school food coordinators document that schools have a huge potential to promote nutritional education, healthy eating patterns and sustainable consumption. However, some difficulties appeared when schools implemented the organic food service.