



# Role of school & kindergarten foodscapes in educating for life & health skills – case insights from recent Danish research

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**Abstract:** Food is on the agenda in kindergartens and the role that food and education can play for health & food literacy among children is important. The paper takes as a point of departure the idea of kindergarten foodscape and paper reports on the case of the Danish school & kindergarten meal program revival. It evolves around the new educational opportunities for learning about life & health skills in schools and institutions that seems to be unfolding. The presentation evolves around the cases of the recently completed Dagmar project ([www.dagmar.plan.aau.dk](http://www.dagmar.plan.aau.dk)), the soon to be completed FRIDA project ([www.frida.plan.aau.dk](http://www.frida.plan.aau.dk)) and the SoL local community intervention (Health & Local Community, [www.sol-bornholm.dk](http://www.sol-bornholm.dk)). It will show examples of food related hands-on food activities (HOFA's) taking place in institutions. It presents some of the data from outcome measurements from Dagmar and discusses the transferability of the findings when it comes to using institutions for young people as learning spaces that can contribute to increased food & nutrition literacy and healthier and more sustainable food patterns.



# School meals

## Different regimes



Institution with  
meals for all

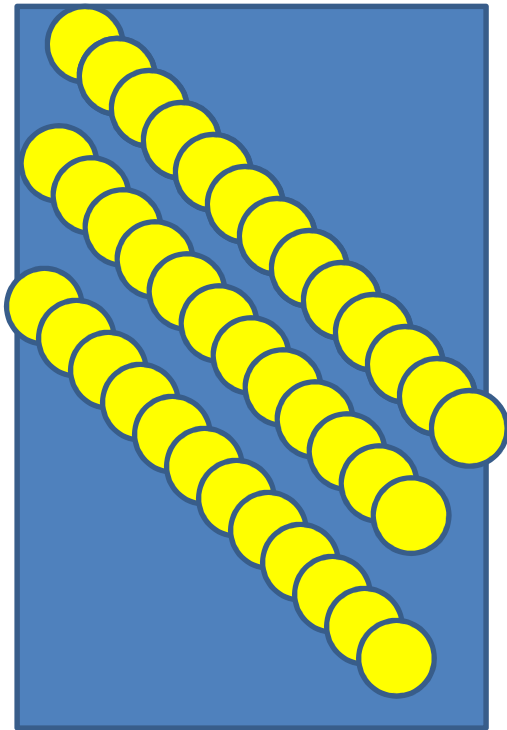


Institution with no  
meals for all



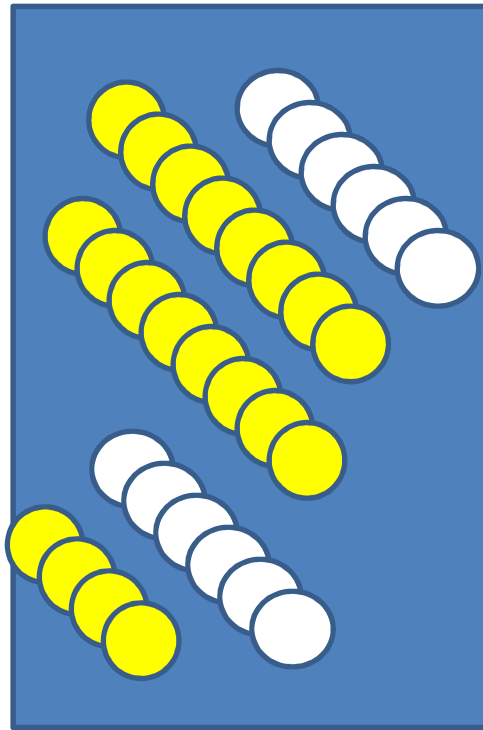
Institution with  
meals for some

Collective



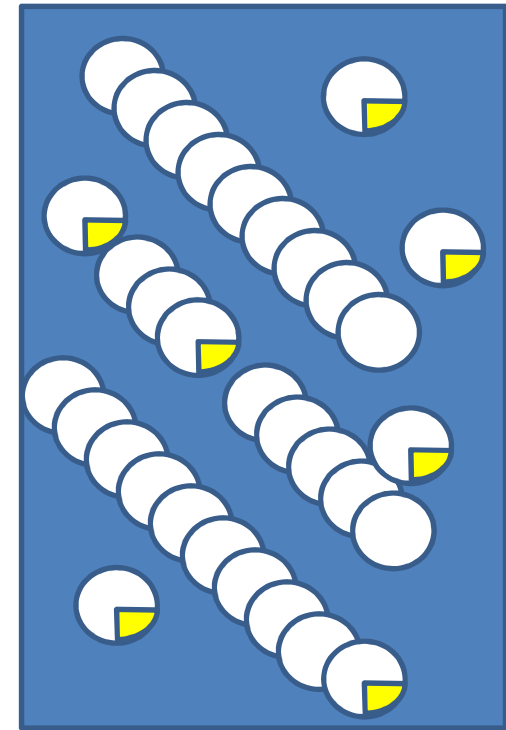
Example: SE & FI

Semi-Collective



Example: Kindergarten, DK

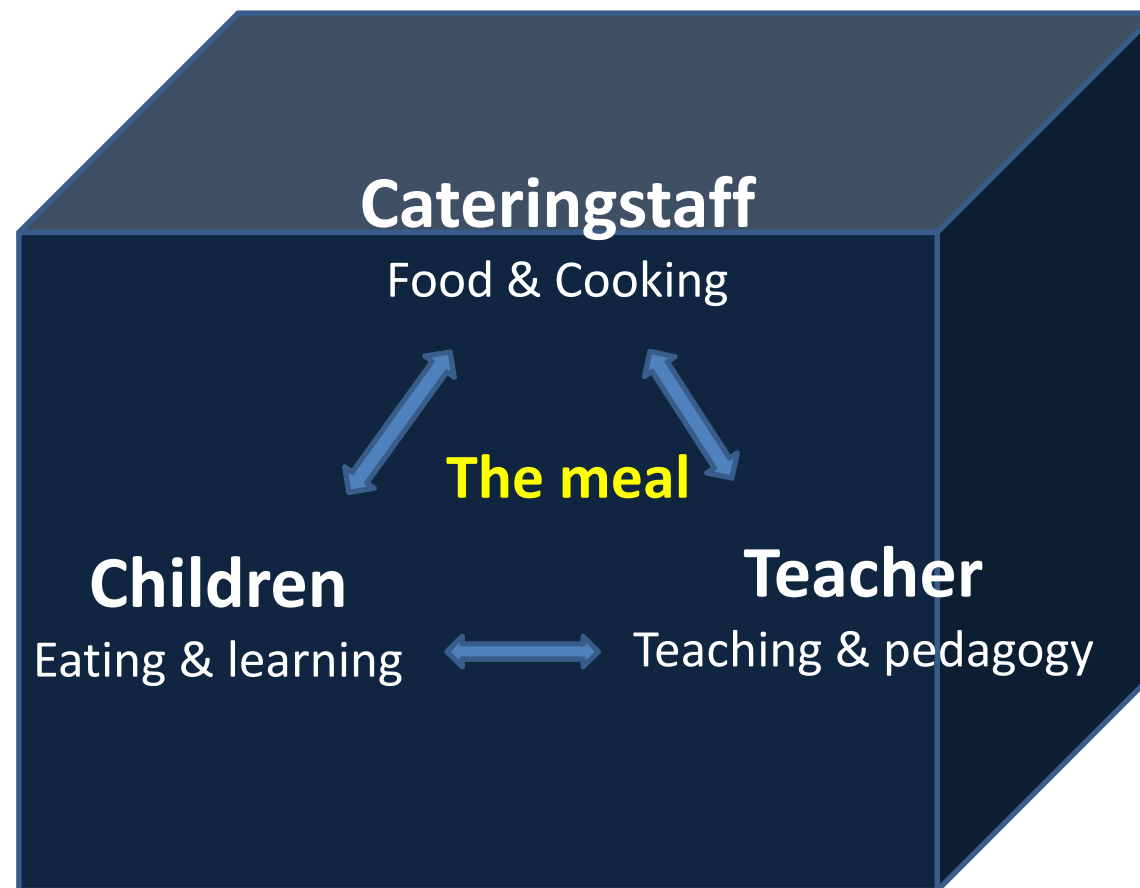
Non-Collective



Example: Schools, DK

# The kindergarten foodscape

## A whole school approach



# Drivers for new kindergarten foodscapes

- Since 2004 kindergartens are subject to adopting individual **curricula**
- The **food in kindergarten bill** passed 2011
- Increased focus on institutions as **protected places**
- Increased focus on **responsibility** of mediators & intermediaries



# Evidence:

## Health and behaviour is tracking

- Lifestyle habits, such as dietary and physical activity habits are founded in early childhood and since **health status** have a tendency to track into adulthood (Whitaker et al. 1997; [Wright et al. 2001](#)).
- The same tracking patterns in **eating behaviour** is reported by Kelder et al (1994) and Neumark-Sztainer et al (2011).

## **Evidence:**

### Teachers are role models

- Role models are important for change of behaviour and preferences (Wardle et al., 2003) (Wardle & Cooke, 2008)
- Acceptance of new foods dependant on social factors, including teachers and peers (Birch, 1980).

# **Research question**

**From passive feeding to  
active learning**

**What is the potential in terms of  
food & nutrition literacy?**

# Active learning

## Hands on Food Activities, HOFA\*

- Taste education
- Farm2School links
- Roof gardens
- Edible school gardens
- Cooking classes
- School gardens

\*EU language= accompanying measures

# Methods & data

- Dagmar ([www.dagmar.plan.aau.dk](http://www.dagmar.plan.aau.dk))



- FRIDA ([www.frida.plan.aau.dk](http://www.frida.plan.aau.dk))



- SoL project ([www.sol-bornholm.dk](http://www.sol-bornholm.dk))



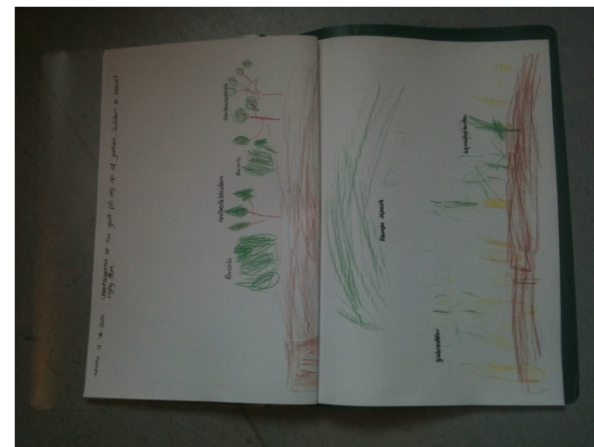
# Image questionnaire

1. Er du en dreng eller en pige?

☐☐

2. Hvor gammel er du?

☐☐☐☐



Individual book of season



# In nature





# Is nature edible?





# Potato project





# The kinder garten garden





# From planting to harvest





# End of season: preserving for winter

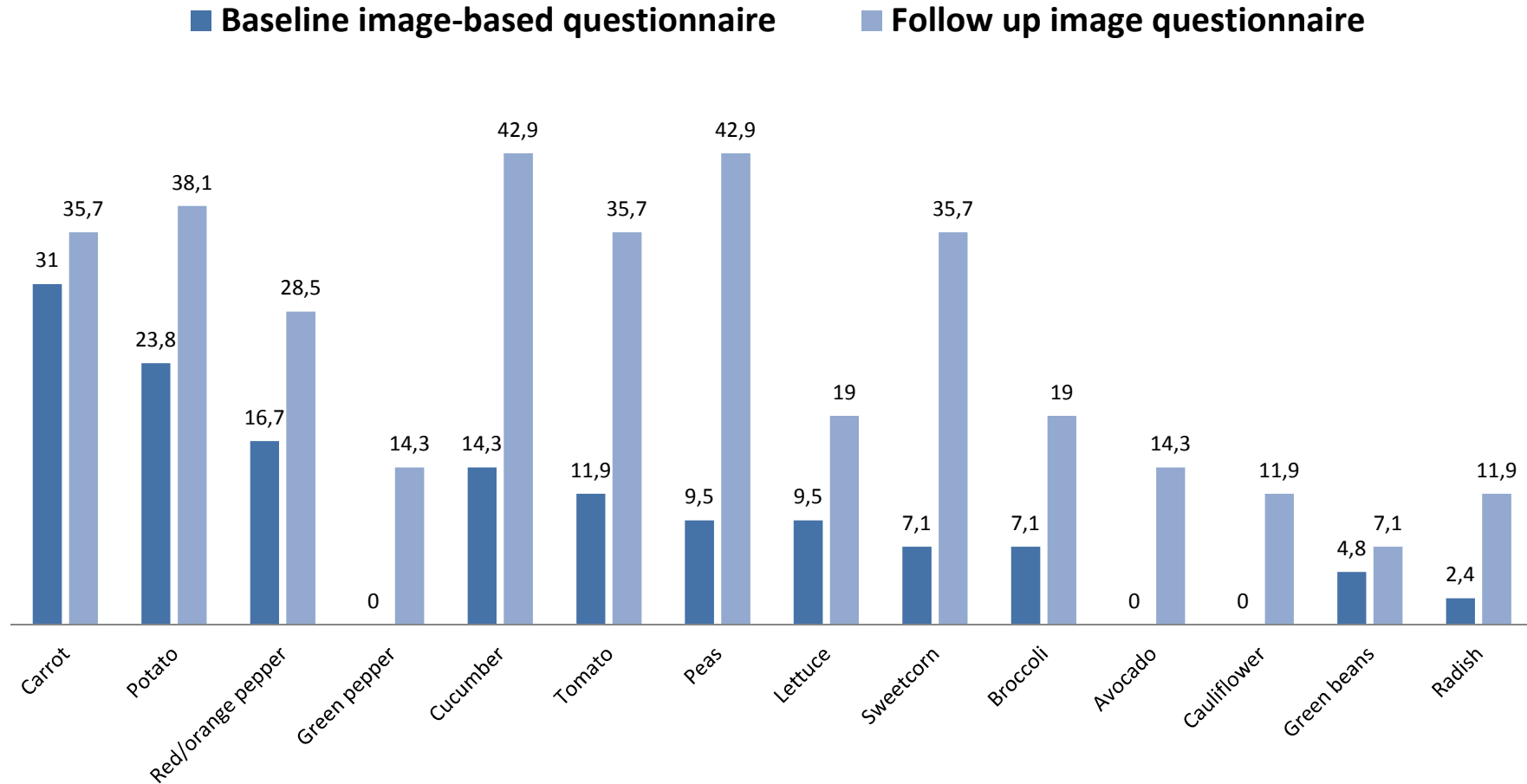




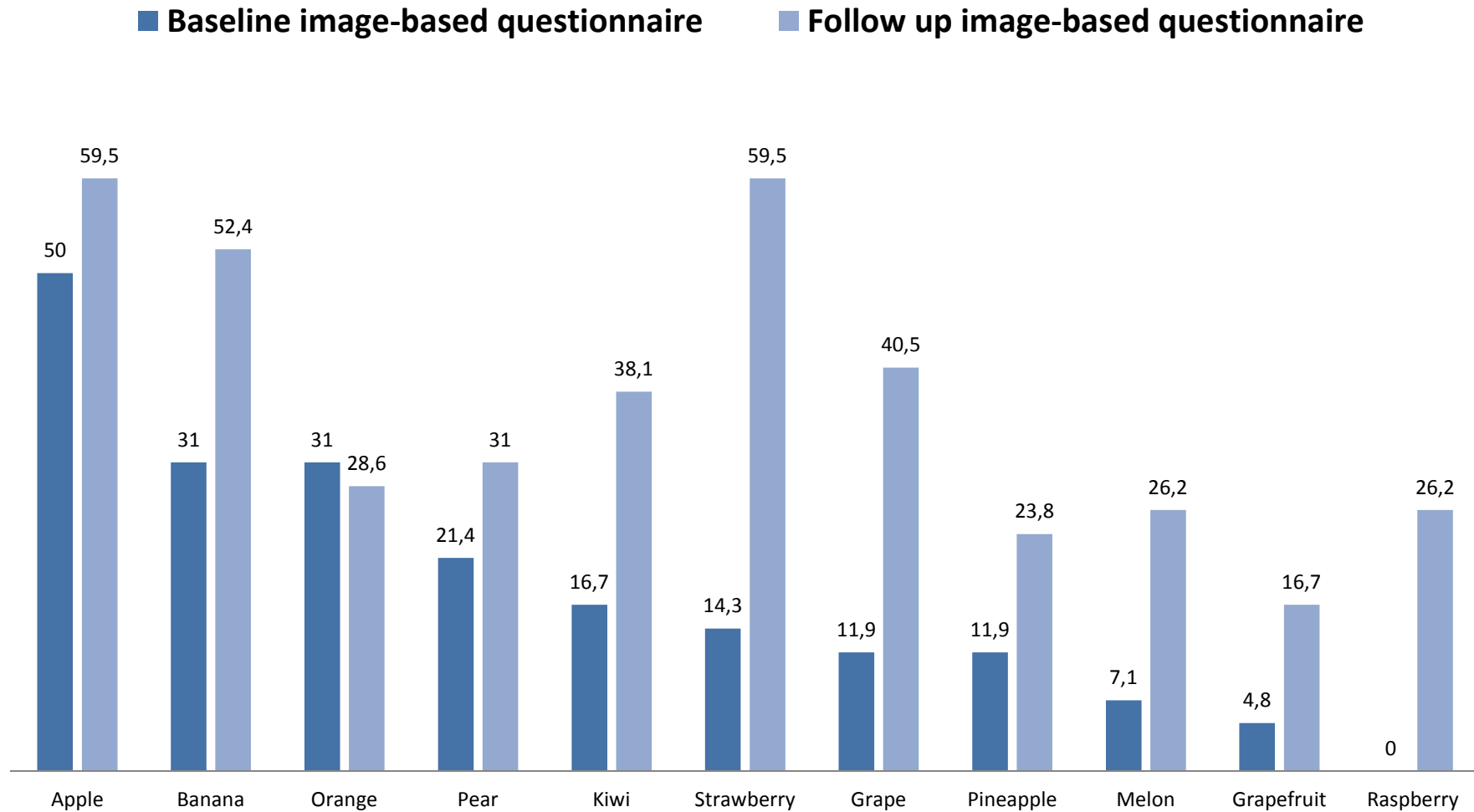
# Taste shop (Sapere)



# Preferences, veg's

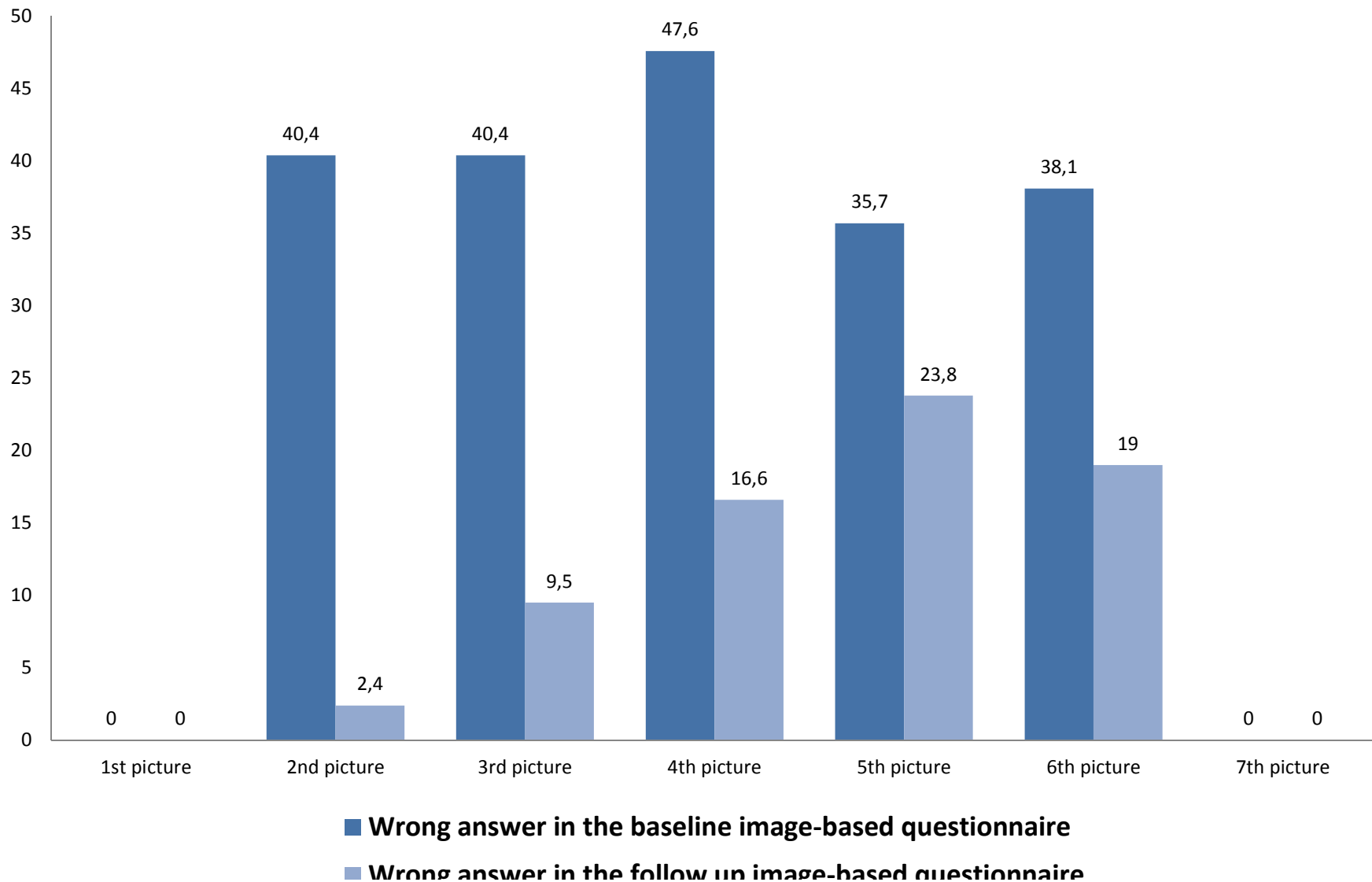


# Preferences, fruit





# Knowledge, F+V



# Conclusion

- Education is a 1st class avenue for HPE
- Needs to be adapted to cultural context
- Idea of foodscapes is a well suited framework for building HPE activities
- Curricula, food and management needs to go hand in hand in HPE
- Work force development (WFD) is key
- Need for closer scientific coop

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Thank you for your  
attention and to my coworkers



## Visual IT assisted Methods in Cross-disciplinary Studies

September 11-12 and October 7, 2013  
Aalborg University, Copenhagen

**Organiser:** Thomas Bjørner , Associate Professor, Department of Architecture, Design and Media Technology. **Co-organisers:** Bent Egberg Mikkelsen, Professor & Research coordinator, AAU-MENU. Lise Busk Kofoed, Professor, Department of Architecture, Design and Media Technology

Read more on

[www.menu.aau.dk/](http://www.menu.aau.dk/)