

Supplementary Materials for

Effects of a practice-focused nutrition intervention in Hungarian adolescents

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This PDF file includes:

Detailed curriculum of the whole-year school-based nutrition education and description of the after-school cooking sessions

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Topics covered during the first semester and tasted foods:

	Topic of the session	Foods to taste
1st session	Healthy nutrition in general – Why is it important? Main principles of healthy eating. Energy balance.	Fresh plum
2nd session	Nutrition and exercise – Why should you live an active life? What is the recommended amount of exercise for a child? What to eat before, during and after exercise?	Fresh carrot sticks with yoghurt dip
3rd session	Added sugar part 1 – What does it mean and what are its main sources? How much added sugar do your meals contain and how could you reduce it?	Carrot and walnut balls
4th session	Water – Important functions in your body. How much is the necessary amount? Which sources are the best for hydration? Why is dehydration dangerous?	Homemade fruit tea with berries
5th session	Milk, dairy products and calcium – How much milk or dairy products do you need a day? What is the role of calcium in your body?	Homemade fruit yoghurt
6th session	Vegetables – Importance, necessary amount. What are the seasonal vegetables in Autumn?	Beetroot balls
7th session	Fruits – Importance, necessary amount. What are the seasonal fruits in Autumn? In which form could you eat them?	Grapes
8th session	Recommended portion size of vegetables and fruits – What do the different colors mean? Do you know the exact weight of different fruits? Children measured them with a scale.	Banana-oat balls
9th session	Proteins – Importance, role, necessary amount, plant and animal sources of protein.	Sweet cottage balls with dried fruits
10th session	Carbohydrates and fibers – Type, role and necessary amount of carbs. Do you know what the dietary fibers are and what are the main sources?	Homemade gummy bear without any added sugar
11th session	Fat – Role, function and types of different fats. Which fats are “bad” and “good”?	Tangerine with chocolate (high cocoa content)
12th session	Added sugar part 2 – How could you reduce added sugar intake? How much sugar do our favorite foods contain? How could we substitute added sugar?	Sharon fruit tasting
13th session	Breakfast – Why is breakfast important? What is the role of breakfast? How to plan a healthy breakfast?	Muffin with banana
14th session	Salt consumption – Role, function and type of salt. Which foods could contain the biggest amount of salt? How can we reduce salt intake?	Homemade pastry with less salt
15th session	School buffet – Which foods are healthy? How could we choose healthy meals from the buffet? Which foods are not so healthy in a school buffet?	Homemade fruit yoghurt with muesli
16th session	Food labels – What does the food label show? Which information is the most important? What should you check on the label if you want to make a healthy choice?	Homemade vegetable chips

Detailed curriculum for practical sessions in the second semester:

17th session	How much sugar does it contain? Children checked the labels of different liquids (coke, water, energy drink etc.) and they measured the amount of sugar in a plastic bag. They prepared a display.
18th session	Test your knowledge – Students played a game about healthy nutrition. They could check what they had learned so far.
19th session	Fruit yoghurt – Homemade yoghurt without any added sugar. Children could substitute sugar with sweet fruits.
20th session	Smoothie – Healthy and easy source of protein, calcium, fibers and vitamins, if children mix the yoghurt with fresh fruits
21st session	Dishes made from vegetables – Children peeled, filed carrots, zucchini and onion, mixed with flour and egg and baked them.
22nd session	Tips for healthy and varied breakfast – They mixed boiled eggs and sliced ham.
23rd session	Lemonade from strawberry and lemon.
24th session	Waffle with fresh fruits without any added sugar. An example of how can we reduce added sugar, increase dietary fiber content and fruit consumption.
25th session	Muffin with banana and strawberry – An example of how can we reduce added sugar, increase dietary fiber content and fruit consumption.
26th session	Healthy ice cream with banana – An example of how can we reduce added sugar, increase dietary fiber content and fruit consumption.
27th session	Frozen yoghurt with berries – An example how we can reduce added sugar, increase dietary fiber content and fruit consumption.

After-school cooking sessions during the second semester

1-2nd sessions	How can we add more vegetables and fruits into the children's meals?	Pumpkin Soup; pumpkin soup with baked apples; pumpkin soup with baked apples and orange; homemade fruit yoghurt with banana; curd cream with carrot; curd cream green spicy.
3rd session	Focus on reducing the nutritional risk of children (increasing fruit and vegetable intake, reducing added sugar); the difference between different flours.	Traditional apple muffin; apple muffin with whole grain flour; banana apple muffin.
4th session	The importance of breakfast	Egg cream, ham cream, tuna tortilla roll, ham and cheese quesadilla (it was Easter season).
5th session	Reducing added sugar	Making healthy snacks with strawberry: Panna cotta, traditional Hungarian sweet from curd, strawberry-banana muffins.