School meal systems, overall healthiness of the diet and learning in a Nordic context

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School meal systems

Iceland
Legislation
Partly government subsidization

Norway  Denmark
Lunch box from home
Legislation
Government subsidization of milk, fruit and vegetables

Finland & Sweden
Legislation
Complete government subsidization
ProMeal

*Prospects for promoting health and performance by school meals in Nordic countries*

**ProMeal - overall aims**

- Importance of school lunch for...
  - Healthiness of total diet
  - Class room learning behaviour
  - Concentration and working memory

- Experiences and perspectives of school lunches among children
<table>
<thead>
<tr>
<th>Children</th>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
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<tbody>
<tr>
<td>Day 1</td>
<td></td>
<td>Day 2-6</td>
<td>Day 7</td>
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<td>Height &amp; Weight</td>
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<td>Photographs of school lunch trays/lunch boxes</td>
<td>Focus groups</td>
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<td>Psychological tests</td>
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<td>Short questionnaire before and after lunch</td>
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<td>Empathy based stories</td>
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<td>Class room observations</td>
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<td>Psychological tests</td>
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<td>Parents</td>
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<td>Questionnaire about the diet at home (Nordic Monitoring)</td>
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<td>School meal organisation</td>
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<td>School meal environment</td>
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<td>Learning environment</td>
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<td>Cost of school meals</td>
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<td>Reference portion</td>
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Qualitative approach

I feel good because it was good food and it was not busy and disorderly in the dining room. It was quiet and everyone whispering when they talked. You got a quiet meal.

School meal environment
Significance

- Impact of school lunch and different school meal systems on overall healthiness of the diet and learning conditions
- Perspectives from those it affects most – the children!
- If both nutritious and attractive, school lunches is an important tool to reduce inequalities in nutrient intake among children

Members of the research group

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Thank you!