The follow-up’s knowledge of Mediterranean diet in children from 8 to 12 years old
- They know what is the Mediterranean diet?
- What feeding guidelines they follow?
- Children who remain at school canteen have a healthy feeding?

The children who remain at school canteen will follow a more healthy diet and will have a better food habits, than this ones that make all the daily meals at home.

They know what is the Mediterranean diet?
- Yes: 85%
- No: 15%

Weekly consume of legumes
- No School canteen: 61% (0), 30% (1-2), 9% (2-3), 3% (>3)
- School canteen: 56% (0), 30% (1-2), 14% (2-3), 2% (>3)

5 rations of fruits and vegetables
- No School canteen: 73% (Si), 27% (No)
- School canteen: 58% (Si), 42% (No)

There aren’t differences between the results of children who don’t remain at school canteen, comparing those who go.

NEGATIVE
- There is an excessive consumption of pastries, sweets and fried food.
- A considered percentage don’t follow the 5 daily portions of fruit and vegetables.
- There is a weekly excessive consumption of meat.
- There are children who have a sedentary and inactive lifestyle.

POSITIVE
- They make a good meals distribution.
- They are consuming a good portion of legumes and nuts.
- The dairy consume is correctly followed.
- They consume the properly intake of water.

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