

"Nutritional Evaluation of the Diet in School Cafeterias: A Focus on Childhood"

FINAL DEGREE PROJECT
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Introduction:

This Final Degree Project emphasizes the importance of a healthy diet from the early stages of life, with a particular focus on **school cafeterias**. The current lifestyle, along with the need to balance work and family life, has increased the utilization of services provided by school cafeterias.

Objectives:

- Analyze the school menus of two educational centers in Manresa.
- Determine whether the menus meet the daily nutritional requirements necessary for nine-year-old students.

Table 1: Recommended Daily Energy Intake and Proportion of Energy to be Contained in Midday Meals for Nine-Year-Old Children.

Population	Age (years)	Energy (kcal/day)	35% of Energy (kcal/day)
Male	9	1935	675,25
Female	9	1791	627,85

Menu school 1:

- Green beans with steamed potatoes, oven-baked chicken with peas and garlic, and an apple.
- Potato and leek cream, rice with tomato sauce with hard-boiled egg, and two tangerines.
- Stewed chickpeas with onion, garlic, tomato, carrot, and red bell pepper, fresh baked tuna, lettuce, tomato, and carrot salad, and natural yogurt.

Menu school 2:

- Macaroni with cheese sauce, Chicken with salad (tomato and cucumber), and an apple.
- Rice with tomato sauce, fresh baked tuna with salad (lettuce, olives), and two tangerines.
- Pizza, nuggets with fries, and banana with chocolate.

Table 2: Proportion of lunch energy, expressed in calories (kcal).

	School 1			School 2		
	Day 1	Day 2	Day 3	Day 1	Day 2	Day 3
Kcal	596 kcal	476 kcal	600 kcal	580 kcal	449 kcal	998 kcal

References:

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- Autoridad Europea de Seguridad Alimentaria. Dietary Reference Values (DRV) - Interactive Tool. Available at: <https://multimedia.efsa.europa.eu/drvs/index.htm>
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Conclusions:

- The 35% caloric requirement is not met.
- On day 3 at School 2, it exceeds the recommended values.
- Despite the variety of foods, the nutritional composition needs to be reviewed.