

ProMeal

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

NordForsk # 54761

AIM: to determine whether overall healthiness of the diet and learning in 10-year old children is associated with school lunches, and to capture main concerns regarding school lunches among children in a Nordic context.

The following specific aims will be studied and compared between the Nordic countries Sweden, Iceland, Finland and Norway; countries with different systems for organizing meals in schools e.g. free cooked school lunch (Sweden and Finland), subsidized cooked school lunch (Iceland) and lunch box brought from home (Norway).

- Is there a relation between food choices in school and healthiness of total diet with respect to gender, socioeconomic status and own opinion of physical health? (WP1, WP4)
- What impact does quality and quantity of school lunch have on class room learning behaviour and/or academic achievement among boys and girls? (WP1-2)
- What impact does the school meal organisation and environment, and social aspects (interaction between staff and pupils and between pupils) have on food choices at school? (WP3-4)
- What do boys and girls experience as important regarding wanting to eat school lunch? (WP3)









