

AIM

The aim of the presentation is to present a variety of advanced technologies in nutritional education to various audiences.

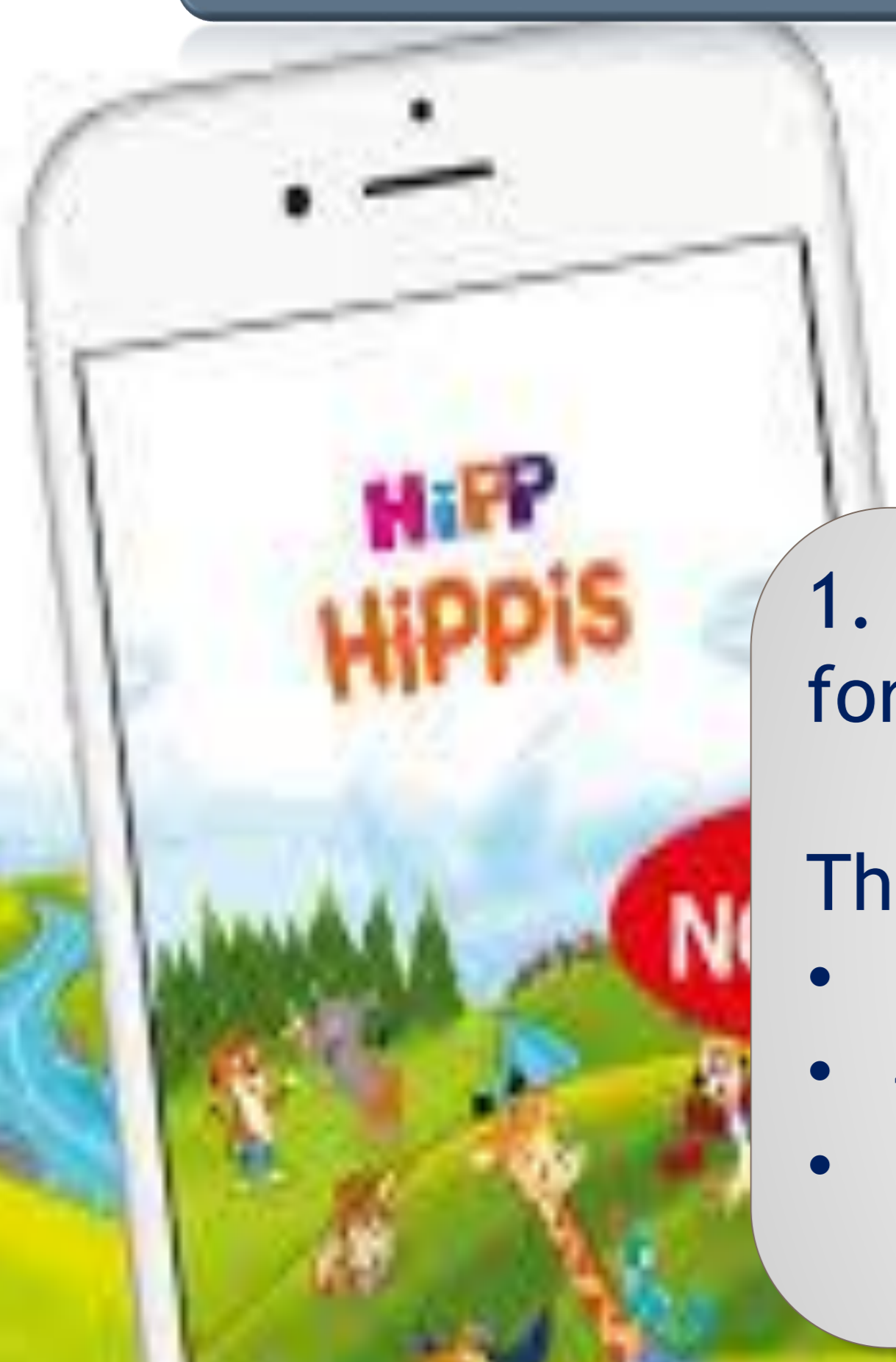
INTRODUCTION

Nutrition education is a process that generally consists of imparting knowledge about food and nutrition. Systematic acquisition of knowledge in the field of proper nutrition affects the formation of correct eating habits, as well as attitudes and skills that affect the health of both children and adults.

RESULTS

Knowledge about nutrition should be based on current and proven sources, today we can use many tools in the form of increasingly available modern technologies such as communication channels. This process can be carried out both in institutions such as kindergartens or schools, as well as through dissemination activities, e.g. in the media. These can be, for example, online educational programs, motion video games, interactive multimedia in the form of games promoting behavior change.

EXAMPLES OF PROGRAMS, GAMES AND APPLICATIONS



1. National educational program "1000 first days for health" (Nutricia Foundation)

The program included:

- 6 media campaigns;
- 4 guides were developed,
- the educational platform www.1000dni.pl was created;



3. Movement video games used in physical education lessons.



4. Interactive multimedia in the form of games promoting behavior change, eg YouTube Kids

5. Phone applications: hipp.pl
The HiPPiS app for kids includes 8 educational games



CONCLUSIONS

Summing up, we can say that health and nutrition education should be a long-term investment in human development and health. The use of modern health promotion technologies in this process supports the dissemination of information among large groups of recipients without generating significant costs.