

# New technologies in the nutritional education of children and adults

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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,

APLIKACJA

the educational platform www.1000dni.pl was created;









CARL



4. Interactive multimedia in the

change, eg YouTube Kids

form of games promoting behavior

zdrowo!



2. National Educational Program "Keep Form!" Coorganized by the Chief Sanitary Inspectorate and the Polish Federation of Food Producers Employers' Union as part of the implementation of the WHO strategy on diet, physical activity and health.

The HiPPiS app for kids includes 8 educational games

5. Phone applications: hipp.pl

CONCLUSIONS

Aplikacja pomoże Ci nabyć nawyki

dobie

zdrowego odżywiania i odpowiednio

3. Movement video games used in physical education lessons.

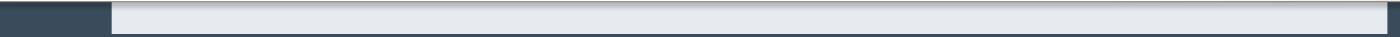
Poznaj

Aplikacia pomoże Ci nabyć nawył

dobierać produkty żywieniowe.

zdrowego odzwiania i odpowiedni

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.



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