**MICROENVIRONMENTAL DETERMINANTS OF THE DIET**

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Microenvironment - a condition in which a group of people are going for a particular purpose, often including food reception, physical activity, or both. The main types of micro-environment that affects the adolescent diet food can be considered family and school. The aim of our work is to identify and discuss the influence of the microenvironment in the development of obesity. The impact of the home environment is critical to the development of eating habits. Unhealthy habits are an important factor in the development of obesity in children [1-4]. Since it is the parents provide an environment in which children get the necessary experience with regard to food and eating, they greatly influenced the practice of feeding their children [5,6].Dietary practices, contributing to the development of obesity, may affect the child directly through the types of food available, and offered the child, and indirectly, through other environmental factors that form the basis for the choice of food; to them, in particular, the family structure, socio-economic status of parents and the family as a whole, the level of parents' education, as well as body weight, attitudes and food preferences of parents [1-4,6]. In Europe and the United States are overweight, and obesity are more common among people with low socio-economic status [7].In countries with economies in transition, obesity is more common in affluent families [8].Food choices and the nature of their use in different families with different levels of education. According to the results of our study showed that 67.0% of parents of children who according to medical examination it was found obesity and overweight have responded that their family does not have a well-defined diet and only 30% said that the food taken 3-4 times a day in the same time. The results of the survey of parents showed that 65% of families due to lack of time sometimes eat canned and semi-finished products, 63% said that almost every day, eat meat or sausage, and less than half of respondents said that the fish is sometimes present in the diet. Analysis of the survey data and outpatient children's card showed that 49% of children had a place a family disposition to excessive weight gain - 43% of one of the parents was overweight or obese, 6% of children of both parents were overweight or obese. 55% of parents said that sometimes they encourage their child good food for good behavior or good grades, while only 30% indicated that their child always listens, if he is prohibited to eat foods that are, in their view, are harmful to health . Another very important microenvironment that affect the diet of adolescents is the school, as it was in the schools are the ideal conditions for the organization of healthy nutrition and proper health education and, in turn, unbalanced nutritionally school meal contributes to the development of unhealthy eating habits, creating conditions for the development of obesity in many students. The most negative impact on the eating habits of children and adolescents and the risk of obesity in them due to the presence in the school environment unhealthy "competing" food that is sold through cafeterias, vending machines, school canteens and kiosks or à la carte dishes. [9,10].The role of consumption of drinks with high sugar content in the development of obesity is also worthy of special consideration [11],as well as the consumption of these beverages is widespread among children and adolescents, and soft drinks - the bestselling items in school vending machines. In the analysis of the personal data of adolescents who have been identified obesity and overweight it has been found that between the main meals they ate at a decreasing degree: chocolate, candy, chips, fruit, etc. In this case, mostly children prefer to quench their thirst with sweet drinks (juices, sweet carbonated water, teas), less conventional water and compotes. Despite the fact that schools provide an ideal environment for sanitation education in the field of nutrition on education programs still do not bring positive and lasting results in the prevention of childhood obesity in the United States and many European countries, possibly due to the fact that the implemented intense enough [12].

**Conclusions:** Children from families with low education and low socio-economic status hold less healthy diet than children from more educated families with higher status. In families where parents strictly control the feeding of children, the younger generation is less capacity to regulate their eating habits. To buy more healthy food skills important part of family meals and congenial atmosphere during the meal. The school can influence the food rations of children, organizing their power by controlling the availability of certain foods and drinks and implementing health education in the field of nutrition.

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