

QUESTIONNAIRE SURVEY OF THE CHILDREN WHO ARE TAUGHT ACCORDING TO DIFFERENT SCHOOL CURRICULA (DESCRIPTION OF NUTRITION)

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Over the last years the number of specialized schools, lyceums, classes with enhanced studying of different subjects is evidently increasing in our country. An apparent dependence of the degree and character of impairment of schoolchildren's health and the amount and intensity of academic load has been revealed.

In this regard a lot of scientists try to detect factors which can influence health condition of schoolchildren in a negative way.

One of the important moments of every child's life is the character of nutrition and dietary intake which can also influence health condition of the whole organism in general, and the oral cavity in particular. Therefore **the purpose** of our research is detection of risk factors in nutrition of schoolchildren with different academic load.

Materials and methods: 115 children aged 9-16 took part in the research: 74 students studying in accordance with collegiate curriculum and 41 students studying according to general education curriculum.

All the children received questionnaires which were to be answered at home with the participation of their parents. The questions concerned usual food intake: frequency of nutrition and intake of sweets, having snacks at school, intake of water and drinks.

Results of the own research: the main part of the children of the first group (58.1%) and the second one (61.0%) usually has three main meals. Only 4.1% of the schoolchildren studying in accordance with collegiate curriculum eat twice a day and less. 29.7% of the schoolchildren of the main group and 36.6% of the ones of the experimental group showed a tendency to take four meals per day. And five meals and more are typical for 8.1 % of the children of the first group and 2.4% of the second one. The frequency of sweet intake (cookies, candies, buns etc.) several times per day has been observed in 20.3% of the main group children and in 12.2% of the experimental group. 31.1% and 46.3% of the children of both groups (the main part of the children in the second group) take such meals once every day. The major part of the pupils studying in accordance with collegiate curriculum (43.2%) and only 41.5% of those who are taught according to general education curriculum have sweets several times per week. Only 5.4% of the children taught by means of the collegiate program do not have sweets at all.

One of the principle points of this subject is the problem of having snacks at school. Practically the same number of the children, studying in accordance with the collegiate program, eats fruit (58.1%) and sandwiches (56.8%). 45.9% of the students of this group have buns and cookies as a snack. At the same 10.8% of the children prefer chocolate and candies and 8.1% – crisps, crusts and Mivina. And only 5.4% of the main group students have adequate dinner at school canteen. The major part of the experimental group children (43.9%) prefers having buns, doughnuts and cookies. The equal number of schoolchildren that is 39% likes having fruit and sandwiches as a snack. 19.5% eat chocolate and candies at breaks and 9.8% prefer having dinner at school canteen. One of the questionnaire questions concerns also favorite drinks. Almost all the children of the main group in equal parts drink water (66.2%), tea (64.9%), juices (64.9%) and compotes (60.8%). The similar regularity is typical for the experimental group as well: 65.9% of the children prefer tea, 61.0% – water, 48.8% – juices, 43.9% – compotes. One of the sub-items of the survey is drinking of such beverages as Cola, Fanta, Sprite, Pepsi etc. These drinks are preferred by 17.6% of the children of the first group and by 4.9% of the children of the second one. And finally the purpose of the last question was to find out, where children take water for drinking, making tea etc. at home. The major part of the children of both collegiate (55.4%) and general education (56.1%) groups use water from water stations and wells. The water from water tankers is preferred by 25.7% and 19.5% of the pollees. The minority of the first group children use tap water (14.9%) and water from shops 12.2%). And few pollees of the second group prefer water from shops (17.1%) and tap water (12.2%).

Conclusions

1. In terms of regularity of food intake there is no significant difference between two groups. The exception is made up by 4.1% of the children studying according to the collegiate curriculum who take food twice a day and even less frequent. This factor can affect the functional state of organism adversely. And 5.4% of the students of this group do not eat sweet.
2. The major part of the children of the first group (58.1%) prefers “fruit snacks” between classes when the majority of the students of the second group (43.9%) have buns, doughnuts and cookies.
3. Significant difference between the groups as for the criterion of beverages and water intake has not been revealed.