



WYŻSZA SZKOŁA SPOŁECZNO - PRZYRODNICZA
im. Wincentego Pola **LUBLINIE**
UNIVERSITY OF VINCENT POL

20-816 Lublin, ul. Choiny 2

tel. /fax + 48 81 740 72 40, +48 81 740 25 04 infoenglish@pol.edu.pl www.wssp.edu.pl

Agata Pitucha, Artur Metera

SUMMARY

Characteristics of eating habits and physical activity in the early school-aged child in the Góra Puławska

It is most common health problems in children who are affected by poor eating habits (small number of meals consumed a small amount of fruit or vegetables, lack of food fish, the fast food). These habits are analyzed among children aged 7-9 years in Góra Puławska. The most common mistakes - a small amount of fruit and vegetables consumed and fish. Too often children eat sweets and drinking soft drinks - 40-50%. It should be noted that low physical activity during leisure time (about 30% of children playing sports). This affects a large number of problems with body posture and weight (50%). The good news is that 93% of children are aware of the impact of diet and lifestyle on health.