

Teachers' self-perception of their dietary behavior and needs to teach healthy eating habits in the school

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Abstract

Through focus groups, we explored 22 third- to fifth-grade teachers' perceptions about their eating habits, including barriers and facilitators to healthy eating. It also explored teachers' thoughts about how to teach students healthy eating habits. The information was transcribed and treated using the content analysis technique. Results were evaluated using the concept of majority and minority group and presented in a sequential way: teachers' perceptions about eating habits, barriers to healthy eating, teacher's culinary habits, abilities to teach students healthy eating habits through Information and Communication Technologies, and cooking activities. Teachers' eating habits were poor, with lack of time, money, and will to improve. They had culinary habits skills and the desire to instruct and guide their students in eating healthier food. They need a program with Information and Communication Technologies and cooking workshops to apply in the classroom.

Palabras clave

Palabras clave de autor: [children](#); [community health promotion](#); [dietary behavior](#); [focus groups](#); [qualitative methods](#)

KeyWords

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