

### Leibeslust / Lebenslust – pleasure of body / pleasure of live

#### -Prevention of eating disorders in the kindergarten-

Two schools and four kindergartens located in the “Aktivregion Mittelholstein” participated in “Lebenslust – Leibeslust”.

#### Kindergartens:

1. Kom. Kindertagesstätte Möhlenkamp, Bordesholm
2. Kindergarten Felde
3. Kindertagesstätte Hohenwestedt
4. Ev. Kindertagesstätte Kopperpahl, Kronshagen

#### Schools:

1. Eichendorff-Schule, Kronshagen
2. Hermann-Claudius-Schule, Wasbek

In the kindergartens the LVGF did a pretest, which contains a general questionnaire to describe the institution itself and one for each kindergarten teacher to evaluate their attitude towards the project’s topics and assessment of the children’s eating habits.

After the project period the kindergarten teachers were asked to do a posttest which dealt with changes that were set during “Lebenslust – Leibeslust”.

In the schools the LVGF only did a pretest so far. Each teacher was supposed to describe his school and its health-promoting activities (if existing) as well as the schools’ offers that concern eating.

#### Kindergarten

Altogether, 46 kindergarten teachers in four kindergartens were surveyed for “Lebenslust – Leibeslust”. In the surveyed institutions in average 109 children were cared for; most of them (79%) were between 3 and 6 years old.

Overall it can be said, that “Lebenslust – Leibeslust” has caused several changes, in the participant’s attitudes as well as in their eating habits: The kindergarten teachers have been interested in themes like “food” and “nutrition” already before the project started, their attitude was quite interested and they wished to learn more about how to improve their own and the children’s eating habits and how to educate the children in distinguishing between healthy and unhealthy eating.

During the project the kindergarten teachers’ interest has increased, the project’s topics have

become more aware to them, so they started to care more for their own as well as the children's eating habits.

Moreover, it turns out that the kindergarten teachers' confidence in their possibilities to influence the children's eating habits, has increased during the project: In the pretests they assessed, that they only have a medium influence (59%), the posttests show that most of them do now believe in a high degree of influence (65%).

Looking at the children's eating habits, one can see that they have changed as well: In the pretests, the kindergarten teachers stated, that they have noticed many children who only eat special sorts of food.

In the posttests they indicate that the eating habits of the children have changed: The children are much more open to try new, unknown food and they have learned to distinguish between healthy and unhealthy food.

Altogether the project's topic has been moved more to the kindergarten teachers' focus and, as a consequence, is more integrated into their daily routines, which is a great basis for a sustainable development towards healthy eating habits and for prevention from eating disorders, which is the project's main aim.

### Schools

"Lebenslust – Leibeslust" was participated by two schools from the "Aktivregion Mittelholstein" which are attended by 655 pupils. Altogether 18 teachers were surveyed.

The pretests show that the teachers are both, interested and open to the project's topics "food" and "nutrition": The majority stated that they have already dealt with the topics in their classes; most of them do also have breakfast with their pupils each morning and allow them to drink water during class. Besides they have a diversity of materials dealing with "nutrition". To submit healthy eating habits to their pupils, the teachers do not believe that classical teaching is the best way to do; rather do they prefer themselves and the parents to be good examples and to use methods such as projects.

All in all one can say that the preconditions for a successful running of "Lebenslust – Leibeslust" in the participating schools are given: The schools offer collective meals like breakfast and lunch so that they have influence on their pupils eating habits; at the same time, the teachers are interested in educating their pupils in healthy ways of nutrition. Furthermore, the teachers are convinced, that running a project and being a good example are useful methods to educate the pupils in healthy eating habits. Overall, the results of the pretest show that "Lebenslust – Leibeslust" is interesting to the schools in a methodical way as well as for the topic itself.