

Referenslista för insatsen *”Ge eleverna kunskap om hälsosamma matvanor”*

Skola – Mat

1. Micha R, Karageorgou D, Bakogianni I, Trichia E, P Whitsel L, Story M, L Penalvo J, Mozaffarian D. Effectiveness of school food environment policies on children’s dietary behaviors: A systematic review and meta-analysis. PLoS ONE. 2018; 13(3):e0194555.
2. Mclsaac JLD, Spencer R, Chiasson K, Kontak J, Kirk SFL. Factors influencing the implementation of nutrition policies in schools: A scoping review. Health education and behavior. 2019;46(2):224-250.
3. Harley M, Lemke M, Brazauskas R, Carnegie NB, Bokowy L, Kingery L. Youth chef academy: pilot results from a plant-based culinary and nutrition literacy program for sixth and seventh graders. J Sch Health. 2018;88(12):893-902.
4. Rochira A, Tedesco D, Ubiali A, Fantini MP, Gori D. School gardening activities aimed at obesity prevention improve body mass index and waist circumference parameters in school-aged children: a systemic review and meta-analysis. Childhood Obesity. 2020;16(3): doi 10.1089/chi.2019.02.53.
5. Muzaffar H, Metcalfe JJ, Fiese B. Narrative review of culinary interventions with children in schools to promote healthy eating: directions for future research and practice. Curr Dev Nutr. 2018;2:nzy016.
6. DeCosta P, Möller P, Bom Fröst M, Olsen A. Changing children’s eating behaviour – A review of experimental research. Appetite. 2017;113:327-357.
7. Jarpe-Ratner E, Folkens S, Sharma S, Daro D, Edens NK. An experimental cooking and nutrition education program increases cooking self-efficacy and vegetable consumption in children in grades 3-8. J Nutr Educ Behav. 2016;48(19):697-705.
8. Adab P, Pallan MJ, Lancashire ER, Hemming K, Frew E, Barrett T et al. Effectiveness of a childhood obesity prevention programme delivered through schools, targeting 6 and 7 year olds: cluster randomised controlled trial (WAVES study). BMJ. 2018;360:k211.
9. Ghaffari , Rakhshanderou S, Mehrabi Y, Ramezankhani A, Shahbazzadegan B. Effect of theory-based environmental-behavioral interventions with student-family-school approach on fruit and vegetable consumption among the adolescents. 2019;6(3):300-308.

10. Habib-Mourad C, Ghandour LA, Maliha C, Awada N, Dagher M, Hwalla N. Impact of a one-year school-based teacher-implemented nutrition and physical activity intervention: main findings and future recommendations. BMC Public Health. 2020;20:256.