Introduction and Aim

The development of healthy lifestyle skills in preschool age is an important factor, because from an early age it is necessary to teach children to protect and preserve their greatest asset - health, which influences the whole of a meaningful life. In nowadays society, there are many common factors that greatly affect the health of children, but they are not nurtured. In a preschool pedagogues aim for their students to develop healthy lifestyle skills, including healthy nutrition. Educational activities integrate the topic of healthy nutrition and eating disorders, using a variety of methods and methods. Educators prepare various projects, holidays and events on this topic, in which the entire community of an institution is involved. The aim of the presentation is to analyze how the process of healthy nutrition education takes place in X preschool in Lithuania.

Methods and Materials

When preparing the presentation the following research methods were applied:
- analysis of research literature and legal documents content,
- questionnaire,
- statistical analysis of research data (applied descriptive statistics methods).

The purpose of the research is to determine how pedagogues develop the healthy lifestyle and healthy nutrition skills of students in the X preschool in Lithuania. The research was carried out in January – May 2021. During the research, 20 educators were interviewed using the prepared questionnaire. Data were collected using a questionnaire survey. Data were analyzed using descriptive statistics methods.

Discussion

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity (WHO, 1948). Health is understood as a whole, which consists of: emotional, physical, mental, social, personal, spiritual, professional fields (Gudžinskienė, 2007). According to WHO's principles of public health care, the main determinants of health in the European region are:
1. General socio-economic and environmental conditions (20 percent),
2. Housing, food production, working environment, water and sanitation, health services, etc. (10 percent),
3. Lifestyle factors (50%),
4. Heredity (genetic basis) (20%).

Healthy Living Skills: What Are They? Healthy lifestyle skills include (Banevičiūtė et al., 2004): general awareness of a healthy lifestyle, hygiene and safety, mobility and activity, a healthy diet, appropriate clothing, rest.

Healthy nutrition and eating disorders prevention is one of the main areas of education in the pre-school education institution where the study was conducted. Research data show that preschool education pedagogues use various practical methods and tools in developing preschool children's healthy lifestyle skills, with the aim of first of all getting children interested in it.

Results

In particular, it was asked how healthy eating skills are developed in kindergarten. Teachers indicated that they use a variety of methods.
- talks to children about healthy eating (17 respondents),
- participates in projects on this topic (18 respondents),
- shows visual aids corresponding to the topic (17 respondents),
- grows vegetables in the nursery (17 respondents),
- prepares healthy meals with children (19 respondents) and applies other measures.

Conclusions

1. Health is a complex concept, it includes emotional, physical, mental, social, spiritual and professional areas. These areas are closely interrelated, and changes in one area can trigger changes in another area.
2. Preschool education institutions play an important role in strengthening and developing children's health, which must create favorable conditions that encourage children to develop healthy lifestyle skills. When developing children's healthy lifestyle skills, it is necessary to talk with them a lot about health and when they already have knowledge, then form these habits.
3. Eating disorders prevention and healthy nutrition is one of the main areas of education in the pre-school education institution where the study was conducted. Research data show that preschool education pedagogues use various practical methods and tools in developing preschool children's healthy lifestyle skills, with the aim of first of all getting children interested in it.

Keywords

Eating disorders, healthy nutrition, healthy lifestyle skills, preschool education, teacher.