

Manuscript
Eating habits, Slovenia

Presenter : The eating habits of the young ones in Slovenia are very bad. That can mean big problems in rest of their lives

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0'02

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0'19

Tatjana Cervek
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1'38

Leon Radolli
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2'19

Tadej Vernik
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2'48

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3'04

Duration : 3'27
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Translation
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<u>PREHRANA OTROK</u>	<u>CHILDRENS' NUTRITION</u>
<p>Novinarka: MOJCA RECEK</p> <p>OFF: Otrokov razvoj je neločljivo povezan s prehrano. V obdobju rasti ustvarja temelje zdravja za vse življenje. Svoje prehrabene navade in pestrost okusov otrok osvoji v zgodnji otroški dobi in jih kasneje težko spreminjamo.</p> <p>Mag. LEON RADOLLI, dr. med., pediater <i>Opažamo, da so prehrabene navade mariborskih šolarjev slabe. Večina otrok ne zajtrkuje, dnevno zaužije v povprečju manj kot 3 obroke. Prevladuje v glavnem suha ali hitro pripravljena hrana, otroci imajo zelo malo toplih, kuhanih obrokov.</i></p> <p><i>Razmere na področju prehranjevanja so se va zadnjih desetletjih korenito spremenile. Nekoč so prevladovale motnje hranjenja zaradi pomanjkanja hrane, danes je hrane v izobilju.</i></p> <p><i>Je pa seveda, bom rekel, bolj enolična in taka, ki zelo redi. V ospredju od motenj hranjenja so predvsem debelost, približno 20% šolske populacije je že debelih otrok, od tega je polovica zelo debelih. Imamo pa drugi fenomen, zlasti pri dekletih nekje konec osnovne šole, ko pa se začne drugi ekstrem, dekleta začnejo pretirano skrbet za svojo postavo, imamo tudi porast števila podhranjenih deklet, čeprav to še ni prava anoreksija, amapak v tej skupini dkelet se pojavi tudi prava bolezen anoreksija ali bulimija, o kater se v zadnjem času veliko govori.</i></p>	<p>Journalist: MOJCA RECEK</p> <p>Commentary: 0'02 The development of children is inseparably connected to their nutrition. During the period of growth children create the basis for life-long health. In their very early years, children establish their eating habits and the variety of tastes they prefer. Later it is very hard to change these habits.</p> <p>0'17 Mag. LEON RADOLLI, paediatric doctor <i>We are aware of the fact that the eating habits of pupils in Maribor are bad. The majority of children skip breakfast and on average they consume less than 3 meals per day. Sandwiches and fast food prevail, children only rarely eat home-cooked meals.</i></p> <p>0'35 <i>Conditions in the field of nutrition have changed radically in the last few decades. Eating disorders due to lack of food used to prevail but these days there is food in abundance.</i></p> <p>0'47 <i>Yes, of course, I'll say there is poorer nutritional content, food that makes people grow fat. Eating disorders, such as obesity, dominate today. Approximately 20% of school children are overweight and 50% of those children are very obese. There is another phenomenon, especially among girls who finish elementary school, who go to another extreme: they start to take excessive care of staying thin. The number of undernourished girls is growing, although we cannot speak of anorexia in these cases, but in this group</i></p>

OFF:

Malica je za večino otrok edini obrok v dopoldanskem času. Kosilo v slovenskih osnovnih šolah užva okoli 30% otrok.

TATJANA ČERVEK, dipl. socialna delavka

V prvi vrsti posvečamo pozornost zdravi prehrani. To se mi zdi zelo pomembno za otrokov razvoj, kar pomeni, da ponujamo več črnega kruha, polnozrnatega kruha, več mlečnih izdelkov, sadje tudi, 3 krat na teden ponudimo sadje. Ob tem kruhu bi povedala, da damo pač možnost izbire otrokom, da jim ne vsiljujemo. Radi bi jih seznanili in jim dali možnost, jih navadili morda na bolj zdravo prehranjevanje v bodoče.

Mag. LEON RADOLLI, dr. med., pediater

Zlasti moram reči, da pri srednješolskih imamo problem. V osnovni šoli je še zagotovljeno, da otroci še doma zajtrkujejo, dobijo v šoli malico in večina tudi kosilo. Pri srednješolcih pa ta sistem v celoti odpove. Veliko srednjih šol v Mariboru nima niti tople malice, kosila pa skoraj tudi ne. Nekateri imajo, da ne bom krivičen, vendar je treba tukaj resnično veliko spremembo napraviti v Sloveniji v naslednjih letih.

OFF:

Mladi vedo kaj je zdrava prehrana, redkeje pa jo uživajo.

TADEJ VERNIK

Pač naj bi hrana vsebovala veliko vitaminov, da ne bi bila pretežka, da bi se lažje učili ali nekaj takega.

Tudi doma, kadar nisi v šoli, ješ zdravo?

Če sem odkrit ne. Ampak se trudim

of girls one also finds real cases of anorexia or bulimia, two types of eating disorders, which are often talked about lately.

1'27

Commentary:

In most cases, a snack is the only thing children eat in the morning. About 30% of children have lunch in elementary schools.

1'36

TATJANA ČERVEK, social worker

We devote most of our attention to healthy food. I think this is very important for the development of children, which means, we offer more brown bread, wholemeal bread, dairy produce and fruits; we offer fruit three times per week. We don't force children to eat a certain type of bread, we give them the opportunity to choose. We want to teach them and give them the opportunity to get used to healthier food in the future.

2'17

Mag. LEON RADOLLI, paediatric doctor

I have to say that we have problems with pupils in secondary schools. Pupils in elementary schools have breakfast at home and they have a light meal, and the majority of them also have lunch at school. But this system does not work in secondary schools. Many secondary schools in Maribor do not offer warm light meals and in many cases they offer no lunch. I don't want to be unjust -- some schools offer meals but there is still a lot to be done in Slovenia in the future.

2'43

Commentary:

Young people know what healthy food is but they rarely eat it.

2'48

TADEJ VERNIK

Food should contain a lot of vitamins, it

počasi, da bi bilo boljše.

TAJA LAH

Danes jemo žemljice pa sirni namaz, pa čaj pijemo poleg.

Tudi sicer paziš na to kaj ješ, da ješ zdravo doma?

Ja, še posebej, ker sem športnica.

OFF:

Na otrokovo izbiro hrane vpliva prehrana v vrtcu in v šoli, v največji meri pa vzgled, ki mu ga nudijo starši.

should be easily digestible, so we can learn easily or something like that.

Do you also eat healthy food when you are at home?

To be honest, no. But I am trying to do it better.

3'04

TAJA LAH

Today we have got rolls and cheese spread and we drink tea.

Do you eat healthy food at home?

Yes, I do, because I am an athlete.

3'19

Commentary:

What children eat in kindergarten and in schools influences their eating habits. But the greatest influence on children's eating habits is created at home.

NASILJE

Novinarka: KAROLINA PUTAREK

(ANONIMNEŽ)

Ponavadi je bilo vedno tako, da je prišel domov in midve z mamo sva že vedeli, da se morava umakniti. In sva se. Pol je pa začel vpit po hiši in je prišel v mojo sobo, ko sva bili tam. Začel je vpit na naju in sva hoteli iz sobe in potem je mami prvo udaril.

OFF:

Poleg mnogih posledic, ki jih trpijo otroci, ki živijo v družini kjer vlada nasilje ne smemo spregledati dejstva, da se otroci v teh družinah lahko naučijo, da je nasilje sprejemljivo. Občutljivost otrok do nasilja je velika. Toda odrasli jim pogosto vsiljujemo svoja merila, opredeljena najpogosteje najprej z našim lastnim ravnanjem in doživljanjem nasilja s strani nas samih, pa tudi z našo močjo. To se dogaja tako pri anslju s strani odraslih otrok, kot tudi ko se soočimo z naslijem med vrstniki.

(ANONIMNEŽ)

Sem se enkrat vračala zvečer od prijateljicje domo, sem bila na avtobusu. So bili tam eni mladi ljudje in so začeli drezat vame in me spraševati: »Ej ti, kako ti je ime? Od kod pa si, ti že nisi naša, poglej se kako izgledaš, ti ne spadaš k nam. Spokaj se nazaj od koder si prišla!« In najprej sem bila tiho, ker pa niso odnehali sem si pač zlagala in povedala eno slovensko ime.

OFF:

O otroštvu brez nasilja in zlorab so osnovnošolci že veliko razpravljali na razrednih urah in na šolskih otroških palamenti, tko da so na občinskem parlamentu že lahko predstavili svoje ugotovitve, predloge in sklepe.

TINA VOLK

O nasljiu smo se največ pogovarjali,

VIOLENCE

Journalist: KAROLINA PUTAREK

(ANONYMOUS):

He used to come home and my mother and I knew we had to hide, and we would do so. Then he started to shout and he used to come to my room, where we were hiding. He shouted at us and the moment we wanted to leave the room he hit mother first.

Commentary:

Among the consequences that children suffer from violence in the family, we must not neglect the fact that these children learn that violence is acceptable. The sensitivity of children for violence is immense. Adults often impose their criteria and rules on children, which are defined by our own behaviour and experience of violence and our strength. This happens when adults act violently against children and when we are confronted with peer violence.

(ANONYMOUS):

One evening I returned home from a friend of mine and I was on a bus. A group of young people started to pick on me and they asked me: »Hey, what's your name? Where are you from, you are not one of us, look at you, you don't belong here. Go back from where you came!« I didn't say a word but they didn't stop, so I lied and told them a Slovene name.

Commentary:

Pupils of elementary schools have often discussed the topic of childhood without violence during classes and in school

predvsem o vzrokih in posledicah.

TADEJ ORNIK

Pripravili smo anketo pa jo razdelili med učence osmega razreda.

OFF:

Mladi parlamentarci ugotavljajo, da je največ nasilja v šolah, najpogostejše pa je verbalno nasilje, ki pogosto preide v fizično.

MIHA JOŠT:

So učenci, ki izvajajo nasilje nad drugimi.

OFF:

Poleg nasilja v šolah, ki ga nad žrtvami najpogosteje izvajajo vrstniki, ki so močnejši in večji, so govorili tudi o nasilju v družini, ki mu največkrat botruje alkohol in prevelika pričakovanja staršev. In kaj striti, da bi bilo nasilja nad otroki manj?

NINA JAZBEC:

To je bilo veliko povedano, kako bi se izognili nasilju. Ugotovili smo, da je veliko nasilja. Izognili pa bi se mu, da bi vsi malo potrpeali.

OFF:

Mladi parlamentarci ugotavljajo, da bi se s pogovorom, strpnostjo in sprejemanjem drugačnosti lahko izognili nasilju in zlorabam.

parliaments, so that, at the communal council, they were able to present their statements, suggestions and conclusions.

TINA VOLK

We've talked a lot about violence, especially about causes and consequences.

TADEJ ORNIK

We've prepared a questionnaire and distributed it among pupils of the 8th class.

Commentary:

Young parliamentarians have established that violence mostly takes place in schools, most frequently this is verbal abuse, which frequently transforms into physical violence.

MIHA JOŠT:

There are children that act violently against others.

Commentary:

Besides violence in schools, which is usually carried out among children, who are stronger and taller, they also talked about violence in families, often caused by alcohol and the unfulfilled expectations of parents. And what can we do to reduce violence against children?

NINA JAZBEC:

A lot has already been said about how to avoid violence. We found out that violence is a big problem. We could avoid it, if we all had a little patience.

Commentary:

Young parliamentarians believe that dialogue, tolerance and accepting differences help to avoid violence and abuse.