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Healthy Nutrition and Lifestyle: The Role of the School

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Message from the Guest Editors

Children and adolescents spend a lot of time at school. Thus, educational centres can positively influence the present and future healthy nutrition of students, playing a crucial role in promoting their health. Schools play a fundamental role in promoting education and the acquisition of healthy habits in terms of nutrition and physical activity in daily life. Moreover, the characteristics and nutritional offerings of the school canteens will be addressed, and the high expectations and responsibilities placed in the hands of the teachers and canteen monitors will be questioned.

The aim of this Special Issue is to show why the school is the ideal setting for promoting the healthy nutrition and well-being of children and adolescents. Accordingly, this Special Issue invites the submission of original research, review articles, and meta-analyses, as well as special reports on recommendations and experiences to apply in the school, including by the managers and people responsible for public health nutrition.



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Special Issue



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