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Introduction

“My good and noble health, none knows thy worth until we fall ill.” This famous quotation from the 16th century Polish poet, Jan Kochanowski from *Czarnolas*, are still valid. Especially now, during the world pandemic of Covid-19, traditional wishes of health have gained a new meaning. Good health has become a precious and tangible value which we all aim for and desire, a status which we care about and pray for. We all perceive it in a slightly different manner, from different perspectives, and the approaches to the definition of good health confirm that there are many threads and meanings we attach to this concept. There is no doubt, however, that good health exerts a significant influence on the quality of our life.

One of the pillars of our health is the ability to choose healthy food which includes the knowledge of proper nutrition and making healthy meals. The development of such knowledge is supported through the introduction of nutrition education at the preschool and early school stage. Isobel Contento (2018) defines such education as “the combination of educational strategies selected by the environment and oriented at making it easier for people to choose proper food and take up activities related to nutrition that improve their health and wellbeing.” Nutrition education perceived in this way is the leading topic of this issue of *Elementary Education in Theory and Practice*. The articles included in the quarterly present both theoretical and empirical research based on both quantitative and qualitative analyses. The research articles present a certain paradox related to youngest children’s nutrition and eating habits. On the one hand, early school children have an extensive theoretical knowledge concerning the principles of correct and healthy nutrition; on the other hand, their actual

choices related to eating healthy food leave much to be desired. Perhaps the fragmentary analyses included in this issue constitute an attempt to provide a hypothetical answer to WHO experts. For many years they have been warning us against obesity which is experienced by more and more people, irrespective of their age, and which has become a serious disease of civilization. This problem also refers to our country. The research carried out by a team of scientists from *Instytut Matki i Dziecka [Mother and Child Institute]* in 2016 indicates that almost 1/3 of Polish eight-year-olds are already overweight (Fijałkowska, Oblacińska, Stalmach 2017).

We kindly invite you to read the latest issue of our journal, hoping that the thoughts it includes will inspire you to come up with new ideas concerning nutrition education of youngest students. Together we are able to work out more effective methods of shaping the proper nutrition habits or modify the already existing ones. "As the twig is bent, so is the tree inclined," so let us remember that shaping proper eating habits in early childhood will facilitate the child's proper development and good health in adult life.

Bibliography

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