

Games as an educational tools for the promotion of appropriate eating habits in children of the fifth and sixth graders of the Recollito School of the City of Coronel Oviedo, year 2022

El juego como herramienta educativa para la promoción de hábitos alimenticios adecuados en niños del quinto y sexto grado de la Escuela Repollito de la Ciudad de Coronel Oviedo, año 2022

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ABSTRACT

At the UNCA Faculty of Dentistry, the results of research work serve as a basis for detecting community needs from which university extension projects are formulated. In a study carried out in 2022 on children in the fifth and sixth graders of the "Repollito" School in the City of Coronel Oviedo, the results showed that 67% of the children had inadequate eating habits and 80% presented a DMFT index indicating deficiency in the oral health. Based on these results, an extension project was designed to educate through ludic games, in the promotion of appropriate eating habits that positively affect their oral health, in children of the fifth and sixth grade of the school. Cabbage from the City of Coronel Oviedo, year 2022. A week after the educational games were carried out, a visit was made to have a conversation with the children, in which the items on eating habits were verified, the majority decrease in consumption of foods and drinks harmful to oral health, compared to the beginning of the project.

Keywords: eating habits, caries, CPOD index, oral health.

RESUMEN

En la Facultad de Odontología de la UNCA, los resultados de los trabajos de investigación sirven de base para la detección de necesidades comunitarias a partir de las cuales se formulan los proyectos de extensión universitaria. En un estudio realizado en el año 2022 en niños del quinto y sexto grado de la Escuela Repollito de la Ciudad de Coronel Oviedo, cuyos resultados arrojaron que 67% de los niños tenían hábitos alimentarios inadecuados y 80% presentó un índice

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CPOD indicando deficiencia en la salud oral. Con base en esos resultados se diseñó un proyecto de extensión con el objetivo de educar a través de actividades lúdicas, en la promoción de los hábitos alimentarios adecuados que incidan de manera positiva en su salud oral, en niños del quinto y sexto grado de la Escuela Repollito de la Ciudad de Coronel Oviedo, año 2022. A la semana de la realización de los juegos didácticos, se realizó una visita para tener un conversatorio con los niños, en el que se comprobó los ítems sobre los hábitos alimenticios, se obtuvo en su mayoría disminución de consumo de alimentos y bebidas perjudiciales para la salud bucodental, con respecto al inicio del proyecto.

Palabras clave: hábitos alimentarios, caries, índice CPOD, salud oral.

INTRODUCTION

Eating habits (HA) are conceptualized as the set of customs that establish the behavior of human beings in relation to food. These habits incorporate the way they select food to the way they consume or serve it to the people whose food is in their hands (Pacco, 2018).

HA are acquired within the family, are incorporated throughout the life of the person, becoming habits, based on the theory of social learning and imitated from behaviors observed by adults (Gonzales and Dueñas, 2021).

According to the World Health Organization (2018), nutrition is the intake of food in relation to the nutritional needs of the body. Good nutrition (adequate and balanced combined with regular physical activity) is an essential element of good health. Malnutrition reduces immunity, increases vulnerability to disease, impairs physical and mental development, and reduces productivity (Rivera, 2018).

It is essential for overall health that these habits are healthy, as well as for oral health. If you do not eat well, you are more likely to have cavities and gum disease. This applies for all stages of life, for example, in the case of children, the formation of eating habits is necessary to prevent the formation of caries (Guerra et al., 2018).

Poor oral hygiene, oral microorganisms and retained carbohydrates, which are the attacking forces, salivary secretion capable of favoring or diminishing the process, the time factor, the pH of the plaque and as a host the tooth which is considered a resistance force must be taken

into account when channeling the prevention of these diseases (Hernández et al., 2018). For this, nutrition is paramount and a healthy diet should be encouraged, especially in children, thus contributing not only to the prevention of these diseases, but also to improve the quality of life and longevity.

The Objective of the Project is promote proper eating habits through playful activities in fifth and sixth grade children of the Repollito School of the City of Coronel Oviedo, year 2022.

METHODOLOGY

The project was based on the innovative, motivating and novel methodology known as gamification, a method that uses games as a precursor component of learning (Dixon et al., 2019).

The population consisted of students from the repollito school. The final sample included 45 children from the selected school. A total of 45 children benefited from the extension project, of which 58% (26) were female, the age range was between 10 and 12 years, 56% (25) of the children who participated in the study belonged to the fifth grade.

By playing games through which the promotion of proper eating habits was done, emphasis was placed on learning and the importance of good nutrition, preventive care and proper tooth brushing. Then, the oral inspection for the CPOD index was carried out.

It should be noted that the project covers a period of two years and that this methodology will be

replicated in 2024 to strengthen the habits and the CPOD index in the beneficiaries of the project.

The activity was promoted by the extension direction of FOUNCA, the development of the project took 15 days, first, authorization was requested to the director of the Basic School No. 6,017 Dr. Pedro P. Peña ``Repollito``, once approved, the informed consent was sent to parents explaining the purposes and scope of the project, the date was set for the realization of the playful games.

RESULTS AND DISCUSSION

A week after the play activities, a visit was made to have a conversation with the children. During this session, several aspects of their eating habits were reviewed and discussed. Many of the children reported having reduced their consumption of foods and beverages harmful to oral health, such as soft drinks, sweets and sugary cookies. In addition, significant improvements in knowledge about the importance of a balanced diet were observed. For example, several schoolchildren were able to identify healthy foods, such as fruits and vegetables, and understand the importance of consuming water instead of soft drinks. Also, several children mentioned that "they have started to ask their mom for more milk for breakfast" and to "eat less oreo with toddy at snack" "because it is not good for their teeth" and that on some days "they have taken apple for mid-morning". This decrease in the consumption of harmful products and the increase in healthy eating habits show remarkable progress compared to the behaviors observed at the beginning of the project.

The results indicated that, through the implementation of play activities, it can be very effective in promoting healthy eating habits in school-age children and thus decrease the CPOD index.

In comparison with what was observed in other similar studies, where a positive impact of educational interventions through play was seen, it is expected that the oral health status of children will improve significantly in subsequent measurements, thanks to this intervention through games that after the learning obtained is directly

related to the mediating actions implemented according to (Alvarez, Navas and Rojas, 2006).

Another similar study is that of Álvarez Salcerio, et al. (2022), which according to the results at the beginning of the intervention, children with poor oral hygiene predominated and the level of information on oral health was considered inadequate, so the authors concluded that the implementation of the educational program "I learn to take care of my teeth" improved the level of information on oral health and hygiene of preschool children.

CONCLUSIONS

The recreational activities carried out contributed to the increase of knowledge and the improvement of adequate habits in relation to healthy eating, which is expected to positively influence the oral health of the children who are beneficiaries of the university extension project.

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Ñembosarái tekombó'e rembiporúramo oñeikuave'ẽ hağua mitãnguéra mbo'esyry pohá ha poteĩhãpegua Mbo'ehao Repollito Coronel Oviedo tavãpegua, 2022 arýpe

MOMBYKY

Tãipohãnoha Mbo'ehaovusu UNCA-pe, umi tembikuaareka rapykuere ojeipurúkuri pyendarã ojehechávo tekotevẽ ojeguerekóva tava'ípe ha ko'ã mba'e guive oñemoheñói apopyrã mbo'ehaovusu jepysovépe. Peteĩ ñehesa'ỹijo ojepapóva 2022 arýpe mitãnguéra Poha ha Poteĩha Mbo'esyrygua Mbo'ehao Repollito Coronel Oviedo Távape opytáva ndive, ohejáva hapykuerépe 67% mitã apytépe okaruha hekope'ỹ ha 80% ohechauka CPOD ohechaukávo sa'íha oñangareko juru resãire. Ko'ã mba'e ohejava'ekue hapykuerépe oñemoheñói peteĩ apopyrã mbo'ehaovusu jeipysópe ogehupytységui ñehẽkombó'e ñembosarái rupi, ojeikuaávo mba'éichapa ojekaruva'erã hekopete ha ojapoporãva avei jurupy resãire rehe, mitãnguéra mbo'esyry Poha ha Poteĩha Mbo'esyrygua Mbo'ehao Repollito Coronel Oviedo Távape opytáva 2022 arýpe. Pe arapokõindy ojepapohápe ñembosarái tekombó'erã, oñeğuahẽkuri hendapekuéra oñeñomongeta hağua hendivekuéra, ojeikuaahápe umi mbo'erã, mba'éichapa jakaruva'erã hekopete, ohejákuuri hapykuerépe ha ojejuhu sa'í oje'uha ha oñemboy'uha umi jurupy resãire, oñemoñepyrũvo ko apopyrã.

Ñe'ẽtete: jekaru jepokuaa, tã'íai, índice CPOD, jurupy tesãirã.