

PRINCIPLES AND APPLICATIONS OF THE SYSTEM OF NUTRITION IN SCHOOLS AND TRAINING BASES THE CULTURE OF GASTRONOMIC NUTRITION

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Abstract. *Lately, not only the quantity of food, but especially the quality of food from the gastro industry has become a priority. The materialization of this desire requires knowledge of the cultural and educational aspects of the Romanian and European gastronomic heritage necessary for the integrated food education of the population and especially of the young. The study aims to find solutions to avoid improper nutrition, which is the cause of the diseases of modern civilization, but also to draw conclusions about the importance of training human resources with a gastronomic culture, both general and advanced, necessary for jobs in this field. Applicatively, a series of elements related to early information related to the cultural and educational aspects of gastronomy are described, with details on the way of food and healthy eating of school-age youth.*

Keywords: culture, education, food, gastronomy, schoolchildren

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1. Introduction

Gastronomic Nutrition and Culinary Nutrition are lines of approach in the gastronomic sciences referring to the type of nutrition provided in the line of food production and menus offered in the first case and in the line of making medical culinary preparations and restorative diets in the second case [14]. Therefore, nutrition and in general **gastronomic nutrition** together with some medical connotations specific to culinary nutrition [20] is considered as the science and practice of healthy cooking, which is the result of an interdisciplinary approach to nutrition, ranging from nutrition and dietetics to culinary art and gastronomic sciences. Education in this field improves the ability of learners to integrate all this knowledge in such a way as to allow them to face a healthy and enjoyable menu [7]. **The concept of gastronomic nutrition** therefore includes manufacturing and prevention on the engineering line, and on the medical

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