



nutrients



an Open Access Journal by MDPI

Healthy Nutrition and Lifestyle: The Role of the School

Guest Editors:

Prof. Dr. Josep A. Tur

Research Group on Community Nutrition & Oxidative Stress, Research Institute of Health Sciences (IUNICS), CIBER of Physiopathology of Obesity and Nutrition (CIBEROBN CB12/03/30038) & Health Institute of the Balearic Islands (IDISBA), University of the Balearic Islands, Palma de Mallorca, Spain

Prof. Dr. Marcela González-Gross

Department of Health and Human Performance, Universidad Politécnica de Madrid, 28003 Madrid, Spain

Deadline for manuscript submissions:

closed (15 April 2024)

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.



mdpi.com/si/179958

Special *Issue*



an Open Access Journal by MDPI

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank: JCR - Q1 (*Nutrition & Dietetics*) / CiteScore - Q1 (*Nutrition and Dietetics*)

Contact Us

Nutrients Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/nutrients
nutrients@mdpi.com
X@Nutrients_MDPI