

OPTIMIZAREA CALITĂȚII SERVICIULUI DE CATERING PENTRU COPII

THE OPTIMIZATION OF THE QUALITY OF THE CATERING SERVICE FOR CHILDREN

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Abstract: Health is one of the most important values, for the individual as well as for society in general, being at the same time an important condition in the durable development of a nation. Everyday life, modernism, more and more comfortable life conditions as a result of increasing technological progress, the fast-moving existence are perquisites of the modern contemporary world. The increase of body weight (over-weight and obesity) is one of the most important public health problems among children and teenagers. The associated problems include cardiovascular diseases, diabetes, orthopedic dysfunctions, to which psycho-social repercussions are added, such as low self-esteem, stigmatization and depression, with consequences strongly connected to a lowering of life quality (Rokholm, Baker, Sorensen, 2010). This paper is based on a case study through the making of a catering menu for kindergarten children aged 3 to 5. The menu was realized for the kindergarten program, Monday to Friday, for four meals a day.

Keywords: quality, catering menu, energetic value, trade margin