This study was aimed to characterize the food habits and lifestyles of the children of the Sol Solecito Kindergarten in Bogotá, D.C., using the Lund and Burk model as the conceptual framework for the analysis of conduct of children in relation to food. The study was descriptive and cross sectional. The sample consisted of 54 children, selected by a proportional random-stratified sampling. Children's nutritional status according to the Weight/Age Index showed normality for 68.8% of them; when classified by Weight/Age Index, 53.8% showed normality, for the Weight/Stature Index 52.1% showed normality but 35.8% of the children revealed overweight, a result not reported in previous studies. The percentage of families having both parents was 81% and parents ages ranged from 15 to 54 years old. Foods preferred by children were: milk, yogurt, rice, pasta, chicken, candy, fruits, and fruit juices. Rejected foods were lettuce and cassava. The most frequent health problem was influenza. 40.7% of the children practice a sport but not on a routinely basis. On average, 50% of the children watch television 2-3 hours daily. Parents and teachers expressed their interest in receiving qualified training on nutrition since they consider it important for the child's growth and development. Based on the results of our study, we designed a training program aimed to improve the food habits and therefore the nutritional status of the children.

Keywords
Food habits, nutritional status, lifestyles, children.