

BUILDING THE SOCIETY OF THE HEALTHY FUTURE: HEALTH EDUCATION AND THE ROMANIAN CURRICULUM

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Abstract. Educational institutions contribute to some extent to the promotion of healthy behaviour and the prevention of disease by providing health education. Research highlights the importance of improving programme implementation in this dimension to increase the effectiveness of the intervention. An integrative approach has been suggested to reduce the time barriers that teachers currently face in teaching this new type of education. Health education programmes often involve lessons about health and are often included in the mathematics, science or literacy curriculum.

The ability to draw strong conclusions about the effectiveness of health education interventions in schools is limited by the current lack of programme description and methodological issues. The intent of the health education curriculum is to provide students with an understanding of the functional and health dimensions of food, healthy behaviour, food safety, medication, preparation and processing for exercise skills so that they can make informed decisions in their healthy adult lives.

Health is a creative, practical and fun topic. It allows students to be imaginative and gives them hands-on experience. This gives pupils a real sense of achievement and self-worth, with those of all abilities able to achieve it. In the Romanian curriculum this term is not often found. However, there are many curricular contexts in which pupils can develop their competences in healthy living.