Healthy alimentation is that which prevents nutritional deficiencies and protects against diseases. Nowadays, life standards look for practicity and promptitude, which may cause neglect about the correct nourishment, compromising health. Facts connected to bad feeding are mostly socioeconomics and sociobehavioral. Bad alimentation may cause obesity or innutrition. This article verified nutrition state of 5th grade children from four municipal schools of Currais Novos/RN, calculated from identification and anthropometrics data and from the Body Mass Index reference standard. To suit the results the “BMI by teen age's Percentile’s Table” from WHO were used, which considers percentuals under 5 as “underweight”, between 5 and 85 “appropriate” and beyond 85 as “overweight”. Schools A, B and C presents, and least, 30% of overweight children and School D exceeds 50%. Schools A and D presents nearly 5% of underweight children; while in School C this index is almost 15%. Applying questionnaires, it was found that mostly children make five meals, considers their feeding habits healthy and practice physical activity. Mostly consumes fruits and juices concomitant to snacks and cookies. Over 80% consumes two or more fruits/day. Milk and vegetables are consumed once a day by 44.3% and 45.6%, respectively. Meat is ingest twice or three times a day by 41.8% of the children. By the end, it was found that nearly 37% of the students are overweight and 6% underweight, an worrying index because corresponds to almost 50% of the students which, not having special attendance, tend to be adults with heath issue.