

Abstract

Original Article

**The Activity of Nutrition Education Given to the “Cumhuriyet”
Elementary School Students at Ozkonak Town in Nevşehir
Province of Turkey**

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Abstract

Background: A balanced diet is for everybody important together especially for persons during the period of growth, namely for children and adolescents it is even more crucial.

Objective and Methodology: The study was conducted quasi-experimentally between 2nd March and 26th October 2011 for the purpose of investigating the effect of nutrition education provided to 77 students studying at the third, fourth, fifth, sixth and seventh grades in the Cumhuriyet Primary School in the countryside of Avanos operating under the National Education Directorate of Nevşehir, Turkey.

The study data were collected by using the questionnaire forms and the BMI was calculated by measuring the height and weight of the students. In the education, in-class teaching and the via the literature developed nutrition brochure were used. In evaluating the obtained data, the score, percentage, and arithmetic mean, chi-square significance tests were used.

Result: Of the students 44.2% were boys, and 55.8% girls. After the education the information score was 13.3% whereas prior to the education this was 11.5%. As a conclusion the information score was statistically consistent with the training ($p < 0.05$). It is stated that before the training, nearly half of the students were skipping meals (%46.8), the breakfast was typically skipped compared to the other meals (%29.9), and the students ate candy, chocolate, wafers, chips, biscuits and consumed acid containing beverages while watching TV. The study indicated that after the education, the students took more regularly main meals including the breakfast and lunch (%85.7), their nutrition habits changed positively, nutrition knowledge points showed an increase ($p < 0.05$), but it was not dependent on gender ($p > 0.05$).

Conclusions: Consequently, it could be stated that the nutrition education was effective in the study. It has to be underlined that nutrition education provided to students, teachers, administrators, and families should be regarded within school health services.

Key words: Nutrition Training, Primary School Student, School, Pediatric Nursing.