

ORIGINAL PAPER

Effect of Nutrition Training on Dietary Behavior of Turkish Seventh Grade Students and their Mothers

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Abstract

Objective: This study was designed to investigate the effect of nutrition training delivered to seventh grade students and their mothers on developing nutrition awareness

Design: Using cross sectional and experimental design.

Participants: A sample of 230 seventh graders was selected from 13,487 students in two primary schools chosen from 114 schools in Gaziantep, Turkey.

Interventions: A questionnaire, a nutrition diary, Dietary Behavior Index was used. There is a relationship between two categorical variables, the chi-square test was used. A paired samples t-test was performed to compare before and after measurements, and Student's t test was used to compare the intervention and control groups.

Results: Based on their post-training weekly nutrition diaries, the intervention group students developed more positive attitudes compared to the control group students in terms of increasing the frequency of consuming the basic food groups during the main meals, reducing the consumption of sugary and fatty foods, and decreasing their rate of meal omission. The difference between the groups was statistically significant ($p < 0.001$). Regular consumption of breakfast and lunch post-training increased in a statistically significant way in the intervention group compared to the control group ($p < 0.001$)

Conclusion:

Dietary behaviors of the students changed positively, consumption of basic food groups increased in all meals. Positively affected the dietary behavior of the children and their consumption of the basic food groups and the training provided to their mothers had a reinforcing effect in developing nutrition awareness and the nutrition guide enabled continuity of the training.

Key words: Primary School Student, Nutrition Training, Nutrition Awareness