

The association between nutrition knowledge and eating behavior in male and female adolescents in the US.

Study from US (2001)

Objective: To examine the correlation of nutrition knowledge and eating behavior of a sample of middle school children.

Participants: 532 eleven to thirteen year olds

Methods: Tool which measured knowledge and eating behavior

Results: Females had higher mean knowledge than boys in seventh and eighth grade. There was no correlation between nutrition knowledge and food choices for sixth graders. There was a correlation between nutrition knowledge and food choices for seventh and eighth grade girls and boys.

Source: Pirouznia M. The association between nutrition knowledge and eating behavior in male and female adolescents in the US. Int J Food Sci Nutr 2001;Mar52(2):127-132.

