

# The impact of a school-based nutrition education intervention on dietary intake and cognitive and attitudinal variables relating to fruits and vegetables.

Study from Scotland (2005)

Objective: To assess the impact of a school-based nutrition education intervention aimed at increasing the consumption of fruits and vegetables.

Participants: Ages six to seven and ten to eleven.

Methods: Experimental and control group comparisons. Two schools employed the intervention, two did not. Three day dietary records with interviews and cognitive/attitudinal measures at baseline and nine months post intervention were evaluated. Program consisted of increased availability of fruits and vegetables with point-of-purchase marketing material and newsletters for both children and parents. Curriculum materials for six to seven and ten to eleven year olds were also utilized.

Results: Significant increase in knowledge about fruits and vegetables and fruit intake for intervention group

Source: Anderson AS, Porteous LE, Foster E, Higgins C, Stead M, Hetherington M, Ha MA, Adamson AJ. The impact of a school-based nutrition education intervention on dietary intake and cognitive and attitudinal variables relating to fruits and vegetables. Public Health Nutr 2005; Sept 8(6):650-656.

