

The correlation between nutrition knowledge and eating behavior in an American school: the role of ethnicity.

Study from US (2000)

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

Participants: 532 sixth to eighth graders

Method: Tool which measured knowledge and eating behavior

Results: The students demonstrated knowledge about the cultural and psychological aspects of nutrition. However, they were not able to identify the food sources of nutrients or nutrient functions. They did not use a daily food guide to choose foods, although they were aware of the importance of milk and vegetable consumption. 'Knowledge about nutrition and healthy eating behavior appears to be weak within this group, and it would be beneficial to promote a nutrition curriculum for students in middle schools.'

Source: Pirouznia M. The correlation between nutrition knowledge and eating behavior in an American school: the role of ethnicity. Nutr Health 2000;14(2):89-107.

