

Influence of mother's educational level on food parenting practices and food habits of young children.

Study from Belgium (2004)

Objective: To examine whether differences in mothers' food parenting practices by educational level could explain differences in food consumption for preschoolers.

Participants: 316 mothers of children two-and-a-half to seven year olds

Method: Self administered questionnaires

Results: Differences by educational level were found in children's and mothers' consumption frequencies of fruit, vegetables and soft drinks, and in the use of food parenting practices. Differences in children's food consumption explained by mother's educational level were completely explained by mother's consumption and other food parenting practices for fruit and vegetables but not for soft drinks.

Source: Vereecken CA, Keukelier E, Maes L. Influence of mother's educational level on food parenting practices and food habits of young children. *Appetite* 2004;Aug43(1):93-103.

