

A nutrition curriculum for health education: its effect on students' knowledge, attitude, and behavior.

Study from US (1984)

Objective: To determine the effect of nutrition instruction, using curriculum guides, Nutrition in a Changing World, A Curriculum for Junior High Health, and A Curriculum for Senior High Health, on improving the nutrition knowledge, selected food/nutrition attitudes, and dietary behavior of students enrolled in secondary level health courses.

Participants: Junior and Senior High students

Methods: Experimental and control group comparison

Results: The experimental group had significantly improved scores at all grade levels. Little change in attitude for grades seven and eight; grade nine experimental group scored significantly higher for all attitude scales. Little improvement seen in posttest food frequency scores.

Source: Byrd-Bredbenner C, O'Connell LH, Shannon B, Eddy JM. A nutrition curriculum for health education: its effect on students' knowledge, attitude, and behavior. J Sch Health 1984; Nov54(10): 385-388.

