

Nutrition knowledge and attitudes of elementary school students after receiving nutrition education

Study from US (1982)

Objective: Determine effect of a nine week nutrition education program on nutrition knowledge and selected nutrition/food attitudes of Kindergarten to sixth graders examined.

Participants: Kindergarten to sixth graders

Methods: Experimental and control group comparison

Results: Kindergarten to third grade: The responses on two of the three attitude scales were positively influenced by education program; third scale, the change was not significantly different. Grades four to six: The effect of nutrition education on the nutrition and food attitude scale responses was mixed: most positive in grade four, least positive in grade six.

Source: Graves K, Shannon B, Sims L, Johnson S. Nutrition knowledge and attitudes of elementary school students after receiving nutrition education. J Am Diet Assoc 1982; Oct81(4):422-427

