

Duangkamon Jeamngern 2012: Effectiveness of Health Education Program for Nutrition Literacy Development on Food-Based Dietary Guideline and Nutrition Flag of Secondary School Students. Master of Science (Health Education), Major Field: Health Education, Department of Physical Education. Thesis Advisor: Assistant Professor Karuntharat Boonchuaythanasit, Ph.D. 134 pages.

The purpose of this quasi-experimental research was to study the effectiveness of health education program for nutrition literacy development on Food-Based Dietary Guideline and Nutrition Flag of secondary school students, Kasetsart University Laboratory School Center for Education Research and Development. Seventy five of Matayomsuksa 1 students were selected by random sampling method to be subjects in this study. Thirty seven and thirty eight subjects were randomly assigned to the experimental group and comparison group respectively. The experimental group participated in health education program to develop nutrition literacy in accessing, understanding, assessment, utilization and communication aspects for 4 weeks. The comparison group participated in regular health education class. Questionnaire and a test developed by the researcher were used as instruments to collect data. Data analysis was made for Percentage, mean, standard deviation, paired-samples t-test and independent-samples t-test.

The results of the study showed that after participating in the health education program, the experimental group had higher scores on nutrition literacy on Food-Based Dietary Guideline and Nutrition Flag at a .05 statistical significant level than baseline. However, there was no significant different found on nutrition literacy scores on Food-Based Dietary Guideline and Nutrition Flag compare to the comparison group.

---

Student's signature

---

Thesis Advisor's signature