Nantinee Puengsakul 2007: Nutrition Status, Activities of Matayomsuksa Student at The Kasetsart University Laboratory School and The Implementation Achievement of Carbohydrate Counting Manual. Master of Home Economics, Major Field: Home Economics, Department of Home Economics. Thesis Advisor: Miss Chanida Pachotikarn, Ph.D. 153 pages.

The three hundred and twenty students age between 13-19 years at Matayomsuksa of Kasetsart University Laboratory School were subjects in this study. Nutritional status of the student were determined. The achievement and satisfaction of carbohydrate counting manual and The amount of carbohydrate (gram) per day were also reported. The correlation among the amount of carbohydrate consumption, physical activities of the students and Nutrition status were also studied.

This research found that most of student have normal weight and height. The weight per height ratio was within normal 73.75%, little fat 4.38%, fat 7.5%, obese 7.81% , slim 3.75% and very slim 2.81%. Body fat was within normal level 55.31%, slightly more than normal 20.94%, over normal 13.12% and under normal 10.63%.

The post test scores on the knowledge of carbohydrate counting were higher than pre test scores after using carbohydrate counting manual. The majority of the student were satisfied with the manau. Most of student (83.2%) consume carbohydrate less than 230 grams per day, only 13.4% consume within normal 230-330 g/d and 3.4% consume more than 330 grams per day.

There was no correlation between the amount of carbohydrate consumption per day and nutrition status at statistical level .05 Whereas the physical activities per day was assoiate with nutrition status at statistical level .05

The pre and post test of using carbohydrate counting manual and the knowledges of basic nutrition were determined. The weight, height and Bioelectrical Impedance Analysis were measured. The data were collected and were statistical analyzed with computer program package.

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