

Wassana Boonju 2008: Nutrition Education to Encourage School Children's Behavior on Thai Food Consumption. Master of Science (Home Economics), Major Field: Home Economics, Department of Home Economics. Thesis Advisor: Associate Professor Siripun Chulakarangka, M.S. 236 pages.

The objectives of this research were to: 1) encourage improved Thai food consumption behavior; 2) create educational media on nutrition; 3) compare school children's knowledge of Thai food, their Thai food consumption behavior and average intake of energy and nutrient from Thai food one day before and one day after nutrition education; and 4) the result from schools under the education commission on Thai food consumption behavior, the Thai food knowledge and average energy and nutrient intake from Thai food one day before and one day after nutrition education.

A quasi experiment research approach using a Nonequivalent Control Group Design (Pretest - Posttest Nonrandomized Design) was used. The research sample was 386 children from primary school grade levels 3 to 6 from schools under the Education Commission, selected by multi-stage random sampling and divided into two groups: an experimental group of 196 children and a control group of 190 children. Nutrition education was conducted over a three week period using specially created instruction media with knowledge perception tested before and after the education period. Data was collected using an interview form and statistical analysis carried out using a t-test and ANCOVA.

The results revealed that the instruction media for five Thai food groups had an efficiency of 84.0/81.5 and the instruction media for the type of Thai food had an efficiency of 84.5/85.9. The experimental group had a higher level of knowledge with respect to Thai food compared to the control group. With regard to Thai food consumption behavior, the frequency of Thai food consumption by the experimental group was higher than that of the control group and there was a statistically significant difference between pre and post education at the 0.001 level. The consumption of Kang-Phed, Kang-Som, Kanomjeen-Namya and Kanom-Tan was increased. No difference was found in the quantity of energy and nutrient intake from Thai food between the experimental group and the control group. Before providing nutrition education, there were differences of knowledge on Thai food and average intake of energy and nutrient from Thai food of school under education commission but after providing, there was only a difference of Thai food consumption behavior.

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Thesis Advisor's signature

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