

Rachatawan Phianbubpha 2014: Vitamins, Minerals from Vegetables and Fruits Intake of Primary Students at Watradsathathum School in Chachoengsao Province. Master of Science (Home Economics), Major Field: Home Economics, Department of Home Economics.  
Thesis Advisor: Associate Professor Obchoey Wongthong, M.S. 106 pages.

This study was conducted with the purpose of 1) studying the amount of vegetables and fruits which primary school students consume according to the five colors of vegetables and fruits; 2) studying the amount of consumed vitamins and minerals from vegetables and fruits which students receive, and; 3) comparing the differences of consumed vitamins and minerals which the students receive according to the Dietary Reference Intake: (DRI) from the Ministry of Public Health. The participants of this study were consisted of 215 students from grade 1-6 at Watradsathathum School, Chachoengsao Province during the academic year of 2013-2014. The data was collected using a qualitative method of interview, data collection, and findings using nutritional calculation program called INMUCAL-Nutrients V.2. This qualitative analysis was performed using descriptive statistics as frequency, percentage, mean and standard deviation.

The results showed that average amount of fruits and vegetables consumed by students aged 6-8, male and female was at 9.54 and 7.09 and aged 9-12 was at 9.82 and 6.73 gram per day. The vitamin A intake of male and female students aged 6-8 was 117.64 % and 141.09 % of DRI, the vitamin C intake of male students was at 114.15 % of DRI, but 90.72 % of DRI of female students. The folate intake of male and female students was at 193.56 % of DRI and 196.17 % of DRI, and the niacin intake male and female students was at 45.00 % of DRI and 48.75 % of DRI. The vitamin A intake of male and female students aged 9-12 were at 91.28 % of DRI and 99.25 % of DRI, the vitamin C intake n of male students was at 93.24 % of DRI but 101.18 % of DRI of female students. The folate intake of male and female students at 92.71 % of DRI and 98.17 % of DRI, and niacin intake of male and female students at 33.33 % of DRI and 30.00 % of DRI. The calcium intake of male and female students aged 6-8 was at 95.52 % of DRI and 49.82 % of DRI, the phosphorus intake of male and female students was at 49.61 % of DRI and 59.71 % of DRI. The iodine intake of male and female students was at 98.12 % of DRI and 91.02 % of DRI, and the iron intake of male students was at 91.85 % of DRI but female students was at 108.02 % of DRI. The calcium intake of male and female students aged 9-12 was at 35.20 % of DRI and 45.20 % of DRI, the phosphorus intake of male and female students was at 26.55 % of DRI and 21.50 % of DRI. The iodine intake of male and female students was at 105.62 % of DRI and 106.83 % of DRI. The iron intake of male and female students was at 95.42 % of DRI. and 46.69 % of DRI.

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Student's signature

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Thesis Advisor's signature