



to March 14th, 1994, by the students' self-administrated questionnaire and dietary record. The statistics use for data analysis were percentage, Chi-square, Student's t-test and Paired t-test.

The results revealed that before the implementation the mean score of knowledge on food consumption was not different between the experimental group and the control group. After the implementation, the experimental group had higher mean score of knowledge than the control group ( $p\text{-value} < 0.001$ ). Among the experimental group, the mean score of knowledge after implementation was significantly higher than before implementation ( $p\text{-value} < 0.001$ ) but this results was not found among the control group. Concerning the personal hygiene behavior of the experimental group, after the implementation, the mean score of behavior was significantly higher than before implementation, ( $P\text{-value} < 0.01$ ), but results was not found among the control group. Before the implementation, the intakes of calories, protein, carbohydrate and fat between the experimental group and the control group were not different. After the implementation, the intakes of calories, protein and carbohydrate of the experimental group were significantly higher than the control group ( $P\text{-value} < 0.01$ ,  $< 0.05$  and  $< 0.05$  respectively). Among the experimental group, the intakes of calories, protein, carbohydrate and fat after implementation were significantly higher than before implementation ( $p\text{-value} < 0.001$ ,  $< 0.01$   $< 0.01$  and  $< 0.001$  respectively), but this results were not found among the control group.

In summary, it can be concluded that this nutrition learning program make the student understand the important of nutrients and food safety leading to appropriate eating behavior according to the nutrition principle.