Thesis Title

Effects of the Nutrition Learning Program on Food Habit of Grade Six Students: Thatako District, Nakornsawan Province

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Degree

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Abstract

From nutritional survey conducted by Thatako Hospital in Thatako District, Nakornsawan, there were 14.05% of the school-age children who were under the nutrition standard. The reasons were the children lacked of protein and they also consumed malnutrient food; therefore, school should have a promotion among schooler to take nutrient food. This quasi-experiment study aimed to study Effectiveness of the Nutrition Learning Program on Food Habit of Grade Six Students at Thatako District. There were 30 cases in both control group and experimental group which selected from 2 school with the same amounts of students and the same standard of school health services. The two groups had the same demographic characteristics of parents, eg: occupation, education, family income. The experimental group was taught by using the nutrition learning program on food habit, the planning consist of program for changing health behavior, developed from gifft and others, Bloom and Bandura. But the control group was not taught by this program. The data was collected from January 24th

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-value < 0.001). Among the experimental group, the mean score of knowledge after implementation was significantly higher than before implementation (p-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-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-value <0.01, < 0.05 and < 0.05respectively). Among the experimental group, the intakes of calories, protein, carbohydrate and fat after implementation were significantly higher than before implementation (p-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.