

Nutrition Educational Intervention Improves Nutrition Knowledge, Attitude and Practices of Primary School Children: A Pilot study

CEU Article Event #I0806

Congruent to Responsibility IV: Evaluating Effectiveness of Health Education Programs

1. There is increasing evidence that overweight and obesity in childhood and especially adolescence will not only contribute to adverse health consequences in childhood but also track into adulthood and increase the risk for later development of
 - a. heart disease
 - b. high blood pressure
 - c. diabetes
 - d. all of the above

2. To prevent both the short and long term health consequences of overweight and obesity prevention efforts should start
 - a. early in childhood
 - b. after overweight has been confirmed
 - c. in grade 7
 - d. in grade 9

3. It has been recommended that effective nutrition interventions for children and adolescents should
 - a. have a behavioral focus
 - b. minimize the targeted risk factors
 - c. utilize a theoretical framework
 - d. all of the above

4. "Any set of learning experiences designed to facilitate voluntary adoption of eating and other nutrition related behavior conducive to health and well being " defines
 - a. nutrition education
 - b. nutrition promotion
 - c. nutrition interventions
 - d. nutrition programs

5. The nutrition education intervention was developed based on
 - a. the Health Belief Model
 - b. Social Cognitive Theory
 - c. the Theory of Reasoned Action
 - d. Stages of Change Theory

6. Trained class teachers carried out the intervention over a

- a. three month period
- b. 14 week period
- c. 6 week period
- d. 6 month period

7. The comparison group received the standard Health and Physical Education Curriculum by the

- a. HPE department
- b. Ministry of Education
- c. health department
- d. school nurse

8. _____ was established by asking 10 school children and 5 teachers on the understanding of the items and appropriateness of the scales or answer choices

- a. content validity
- b. face validity
- c. construct validity
- d. internal validity

9. _____ children participated in the study.

- a. 335
- b. 345
- c. 355
- d. 365

10. Findings of this study showed that the nutrition education intervention produced significant improvement in nutrition knowledge, attitude, and practices among primary school children.

- a. true
- b. false