

Obesity & Weight Management & 17th World Fitness Expo

Implementing an education program in elementary schools to improve healthy food choices

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Abstract: The purpose of this study was to evaluate the effectiveness of a school-based nutrition education program in elementary schools. The program was designed to provide students with information about healthy eating and physical activity. The study was conducted in a large, urban elementary school. The program was implemented in the 2010-2011 school year. The results of the study showed that the program was effective in increasing students' knowledge of healthy eating and physical activity. Students who participated in the program had significantly higher scores on a knowledge test than those who did not participate. The program was also well-received by students and teachers. The results of this study suggest that school-based nutrition education programs can be effective in improving students' knowledge of healthy eating and physical activity.

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