

# Investigating Nutrition Education Resources, Obstacles, and Teachers' Nutrition Knowledge in California

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## Abstract

Nutrition education plays a critical role in promoting healthy eating habits and preventing chronic diseases among children and adolescents. However, limited research has been conducted on the availability of nutrition education resources, the barriers faced by teachers, and their level of nutrition knowledge in California. This article explores the challenges and opportunities for nutrition education in California to improved health outcomes among students in California [6].

**Keywords:**

**Index:**

**Abstract:**

**Background:**

**Introduction:**

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