

ABSTRACT

THE EVALUATION AND EFFECTS OF A NUTRITION COURSE IN SECONDARY SCHOOL STUDENTS WITHIN THE CENTRAL VALLEY OF CALIFORNIA

This study examines the effects of a nutrition course given to students at secondary public schools in California's Central Valley on increasing student nutrition knowledge. Differences were explored between gender nutrition test scores and personal eating habits. Students in food and nutrition classes from the three participating secondary schools were given a pre- and posttest as well as a personal food behavioral questionnaire.

Study findings suggest that students consumed a higher intake level of fruits and vegetables and increased their nutrition knowledge overall after completing the food and nutrition course. Comparing the knowledge gained between male and female participants for all schools, male participants demonstrated a greater increase in scores than females. Female participants showed higher pre- and posttest scores but had a smaller increase in scores.

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