

## ABSTRACT

### PARENTING BEHAVIORS RELATED TO FEEDING SCHOOL-AGE CHILDREN

This study examines how parenting behaviors are related to feeding their children in school grades kindergarten through sixth. Eating habits of the children during the evening meal were assessed. Parental knowledge of *MyPyramid* and their source of nutrition education were also measured. Data were collected through a survey sent home with students at an elementary school campus in Visalia, California.

The study found no difference in eating habits between genders; however, some eating habits were different in children who were perceived to be overweight. Also, as the parents' perceived weight increased, eating habits of their children were more controlled. Nutrition education of the parents was varied, with some having no nutrition education at all. Concern for their children becoming or remaining overweight was low. Study findings suggest that *MyPyramid* awareness was low and use of *MyPyramid* interactive website was even lower for those who were aware of this resource.

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