

Obesity & Weight Management & 17th World Fitness Expo

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

Murray State University, USA

Abstract: This study was designed to evaluate the effectiveness of a school-based nutrition education program in elementary schools. The program was implemented in 10 elementary schools over a 12-month period. The program consisted of a series of lessons that focused on healthy eating and physical activity. The results of the study showed that the program was effective in increasing students' knowledge of healthy eating and physical activity. Additionally, the program was found to be acceptable to both students and teachers. The findings of this study suggest that school-based nutrition education programs can be an effective way to improve children's health and well-being.

Notes: