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the frequency of a child's usual consumption of soybean products. Knowledge, Attitude, and Behaviour (KAB) Model [13], we gave the frequency of using soybeans and tofu was classified into three categories as follows: less than three times/week, three or more times/week and every day (Figure 1). The mothers' attitude was defined as the mothers' ability to tell their children about Japanese foods and the mothers' recognition that soybean products are good for their children's health. Questions about 'respect for food', utilized a 5-point rating scale. Moreover, we asked the following two questions to examine the mothers' knowledge about products made from soybeans and about dividing each food into three groups according to food function. Mothers chose from the following list: Tofu, Kinako, Abura-age, Kori-tofu, Ganmodoki, Soymilk, Yuba, Miso, Soy sauces and Okara.

The mothers were asked about their children's food behaviours and attitudes, as well as the foods that the children disliked, which were chosen from a list of 55 foods [10].

The mothers were adequately informed about the objectives and methods of this investigation, and they answered the questionnaire voluntarily, with the right to withdraw at any time during the study. Individual privacy was strictly protected throughout the investigation. Under these conditions, the mothers agreed to cooperate with the scientific investigation that also included their children. The study was performed after receiving approval from the principals of the kindergarten and nursery facilities. The study was also approved by the president of the kindergarten and the Kobe Women's University people's ethics committee.

Theory, prior research, rationale: Children are more likely to eat in emotionally positive atmospheres. Siblings, peers and parents can act as role models to encourage the tasting of novel foods. Repeated exposures to initially disliked foods can break resistance [9,11]. We considered that school lunch would be useful in conducting this study because it can encourage peer support and can unintentionally provide children's preferences. For guardians, based on Prochaska and DiClemente's Stages of change model [12] and Schneider's

Knowledge, Attitude, and Behaviour (KAB) Model [13], we gave the guardians information about soybeans. KAB also found in literature as Knowledge-Attitude-Practice (KAP), is an important theoretical model of health education, which asserts that behaviour change is affected by knowledge and attitude [13]. Statistical analysis: The program SPSS (version 23.0, SPSS, IBM Inc.) was used for statistical analysis of the data. Ninety-five percent confidence intervals of odds ratios for relationship consumption of soybean products and mothers' attitude were calculated by using Multiple Logistic Regression Analyses (MLRA). Using Fisher's exact probability test, we compared the score among the 3 groups before and after the intervention.

Results

a child's healthy eating habits can increase soybean intake. It has also been shown that childhood social and educational factors are strongly associated with adult mental and physical health, and with adult health-related behavior [14]. Attention to these habits may continue to prevent NCDs during childhood and adulthood. Our hypothesis was that a mother's attitude toward her child's acquisition of healthy food habits has an effective influence on children's consumption of soybean products and that a mother's positive attitude toward soybean products can influence her children's consumption of soybean products. Another study showed that there was a positive relationship between children's dietary food intake scores with the mothers' nutritional knowledge and attitude scores [15]. The result of one multi logistic regression analysis showed that both factors were important. For this research, we defined mothers' attitude as, 'talking with their family' and, 'telling their children about Japanese food'. According to one research study conducted by Coon, the dietary patterns of children from families in which television viewing is a normal part of meal routines may include fewer fruits and vegetables and more pizzas, snack foods and sodas than the dietary patterns of children from families in which television viewing and eating are separate activities [16]. Our results countered Coon's findings and confirm that family conversation is very important for children's healthy eating.

Our result showed that they usually eat tofu was only 6%. In 2008, the Ministry of Agriculture, Forestry and Fisheries (MAFF) published a study regarding concerns about the usage of soybean products in school lunches. The study found that only 6% of children usually eat tofu. This finding is consistent with our results, suggesting that the low consumption of soybean products in school lunches is a widespread issue. The study also highlighted the need for health education and parental involvement in promoting healthy eating habits among children.

References

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