



شبكة المعلومات الجامعية  
التوثيق الإلكتروني والميكرو فيلم

# بسم الله الرحمن الرحيم



**MONA MAGHRABY**



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# شبكة المعلومات الجامعية التوثيق الإلكتروني والميكروفيلم



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# جامعة عين شمس

## التوثيق الإلكتروني والميكروفيلم

### قسم

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**MONA MAGHRABY**

# **Assessment for School Students' Perception Regarding Healthy Nutritional Pattern**

*Thesis*

*Submitted for Partial Fulfillment of the Requirements of  
Master Degree in Pediatric Nursing*

*By*

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2020**

**Assessment for School Students’  
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## List of Abbreviations

Abb.	Full Term
ABCD	Anthropometric, Biochemical, Clinical and Dietary Methods
AN	Anorexia Nervosa
BMI	Body Mass Index
CDC	Center for Disease Control
HFSS	High fat Sugar and Salt
MAC	Mid Arm Circumference
MUAC	Mid Upper Arm Circumference
SPSS	Statistical Package for Social Science

## Assessment for School Students' Perception Regarding Healthy Nutritional Pattern

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### Abstract

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Healthy nutrition is a cornerstone for the school students' health and wellbeing. Unhealthy nutritional behaviors are core contributors to chronic diseases and health problems. **The aim** of this study was to assess school students' perception regarding the healthy nutritional pattern. **Research design:** A descriptive exploratory design was utilized. **Setting:** This study was conducted at Kastal and El Ewina School, Awlad abd Alla School, Tenida School and Balat School. **Sample:** A convenient sample composed of 300 students, who attend the previously mentioned settings. **Tools of data collection:** the study tools were; 1) Predesigned Questionnaire Format which included three parts: To assess demographic characteristics of the studied student, to assess the school environment and to assess students' knowledge regarding healthy nutrition, 2) Assessment sheet for the students' nutritional practice: included two parts: to assess students' reported practice regarding healthy nutritional pattern and assessment for the students' nutritional pattern, 3) Assessment for the students' health status, included Physical examination sheet to assessment of all body parts to detected signs of nutritional deficiencies, Students' anthropometric measurements, and Mid-Upper Arm Circumference (MUAC). **Results:** The most of studied students had satisfactory total knowledge about food sources rich in protein and satisfactory total knowledge about the importance of healthy nutrition and the majority of them had satisfactory total knowledge about food sources rich in carbohydrates. Two thirds of them had satisfactory total knowledge about food sources rich in vitamins and minerals. Also, the majority of the studied students had good nutritional practices. There was statistically significant weak positive correlation between the studied students' knowledge and their reported practice regarding proper nutrition ( $r=.097$ ,  $p=.04$ ) and there was statistically significant very weak positive correlation ( $r=.006$ ,  $P=.015$ ) between reported practice and weight. Also, there was statistically significant very weak positive correlation ( $r=.042$ ,  $P=.04$ ) between reported practice and BMI. **Conclusion:** There was statistically significant weak positive correlation between the studied students total's knowledge and their total reported practice regarding proper nutrition ( $r=.097$ ,  $p=.04$ ) **Recommendation:** Provide school based nutritional programs for the students, aiming to improve nutritional pattern through health educational instructions, Involve teachers, school personnel, parents, communities, and local government in the development and implementation of school nutrition programs and Integration of nutrition education into the school curriculum for all age groups.

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**Keywords:** School students, nutritional pattern.

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