

Evaluation of the Nutrition Education at Primary School

Study from Ireland(1999)

Objective: To assess the impact and suitability of a pilot dietary educational program for primary school pupils which aimed to build awareness of the benefits of healthy eating, induce positive behavior change and increase knowledge.

Participants: 821 eight to ten year olds

Methods: A quasi-experimental study with baseline and follow-up data collected after 3 months.

Results: Following the pilot program, positive changes were seen in eating behavior and preferences for healthier foodstuffs.

Source: Friel S, Kelleher C, Campbell P, Nolan G. Evaluation of the Nutrition Education at Primary School (NEAPS) programme. Public Health Nutr 1999; Dec 2(4):549-555

