

أثر المستوى التعليمي على التفضيل والوعي التغذوي لتلاميذ المرحلة الابتدائية بالمملكة العربية السعودية

الملخص

الهدف من هذا البحث هو معرفة تأثير المستوى التعليمي على التفضيل والوعي التغذوي لدى تلاميذ المرحلة الابتدائية بالمملكة العربية السعودية. تم اختيار عينة عشوائية من تلاميذ المرحلة الابتدائية في مختلف المناطق التعليمية. تم استخدام استبيان لمعرفة التفضيل والوعي التغذوي. تم تحليل البيانات باستخدام اختبار ANOVA. النتائج أظهرت أن المستوى التعليمي له تأثير كبير على التفضيل والوعي التغذوي. كلما ارتفع المستوى التعليمي، كلما تحسنت التفضيل والوعي التغذوي. كما أظهرت النتائج أن التفضيل والوعي التغذوي يتحسنان مع زيادة المستوى التعليمي. النتائج تشير إلى أهمية التعليم في تحسين التفضيل والوعي التغذوي لدى تلاميذ المرحلة الابتدائية. يمكن أن تكون هذه النتائج مفيدة للمعلمين والباحثين في مجال التغذية والتعليم.

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النتائج:

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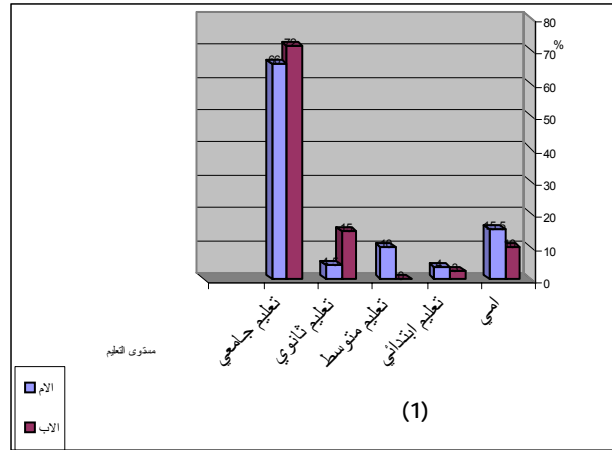
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المراجع

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ABSTRACT

THE EFFECT OF EDUCATION LEVEL ON FOOD PREFERENCE AND NUTRITION INFORMATION OF PRIMARY SCHOOL PUPILS IN SAUDI ARABIA KINGDOM

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The present study was carried out to assess the effect of education level of primary schools pupils in Saudia Arabia kingdom, on their food preference and proper nutrition information. The age of the sample (200 pupils) ranged between 10-14 years. More than one third of the sample had family income higher than 9000 Saudi Riyals monthly. The parents with high education levels, were 79% of the fathers and 39% of the mothers. The high level of education of the parents, resulted in good knowledge and nutritional information of their childrens, and hence resulted in their avoidance to junk foods and snacks of low nutritive value.

Some food products, which were preferred by the pupils of the studied sample were produced, supplemented with pumpkins, as a source of carotenoids. The taste testing indicated that the products containing the pumpkins, namely; pizza, corn flakes, doughnuts, *basbosa*, and pies were of excellent acceptability.