

ABSTRACT

Assessment of Parent's Nutritional Knowledge on Student's (sic) Dietary Practices

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This study investigated the relationship between parental nutritional knowledge and student dietary practices at a secondary school in Trinidad and Tobago. A quantitative approach was employed to determine whether there were any correlating factors with reference to parental nutritional knowledge, student dietary practices and parental behavioural patterns. The research also investigated whether any differences existed between parents' demographic data and their nutritional knowledge. Data were collected through the administration of questionnaires to 147 participants comprising mainly fifth-form students, and parents of students who volunteered to be part of the study. The findings revealed that there was a significant relationship between parents' nutritional knowledge and students' dietary patterns. It was also found that there was a substantial difference between parents' nutritional knowledge and their demographic factors, as well as a correlation between their nutritional knowledge and their behavioural patterns.

Keywords: Food habits; Parent attitudes; Student attitudes; Secondary school students; Parent student relationship; Trinidad and Tobago