Nutrition education is one of the most important factors affecting children development and effective growth. The aim of this investigation was to assessment the effect of the drawing and picture based nutrition education on knowledge of 5 to 6 years old children in Ardebil kindergarten.

Material and method:
It was a quasi-experimental before-after study which was conducted in 2009. The total number of selected samples was 400 people chosen from all kindergartens of the province including rural and urban, public and private, etc., so that it had a good distribution. After listing all kindergartens, the bulk of samples were randomly selected from the list. The data were gathered by pictorial questionnaire which included awareness questions whose reliability was ensured by alpha coefficient of 0.8. During the test, first the questions were clearly described by kindergarten trainer without pointing to the answer. Then, the children colored the correct choices green and the harmful choices red. The choices were marked by colorful pencils. Afterwards, the children were actively educated by children workbooks, which included drawing and pictorial activities for one month. The trainers of the kindergartens were responsible for educating them. The trainers themselves had been educated in a workshop about how to educate the workbooks. Two weeks after the end of the course, the questionnaires were re-used and the same questionnaire was filled in accordance with sample volume. The scores of awareness were analyzed by the software SPSS and their means were compared by paired t-test.

Results:
The post test mean score with concern to increasing nutrition knowledge were significantly enhanced from those of the pretest mean score.

Conclusion:
This result revealed the importance of oral hygiene instruction via a drawing book and follow up by parent at home. Therefore, this method can be useful way for informing the children.

Key words:
Kindergarten, nutrition

Presentation: Oral