Effectiveness of Parental Education on Increasing Preschoolers Consumption of fruits and Vegetables as Snacks

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Studies showed positive correlation between availability and accessibility of fruits and vegetables at home and children's consumption. However, effects of parental intervention to increase availability and accessibility have not been reported. The purpose of this study was to assess the short-term effectiveness of parental intervention on availability, accessibility, and preschoolers' consumption of fruits and vegetables as snacks. The intervention was developed to increase the nutrition knowledge and self efficacy of parents to influence children's diets and increase their fruits and vegetable consumption. An identical questionnaire was used as pre- and post-tests to evaluate the effectiveness of the intervention. Fifteen of thirty qualified respondents who attended the education session (designed to instruct the participants on the importance of fruits and vegetables and strategies to increase fruit and vegetable consumption in their children's snacks.) completed pre-and post-tests. Statistical analyzed were performed using SPSS. Version 11.5. After the intervention, an increase was found in parent's perceived importance of their consumption of fruits and vegetables to increase children's consumption and overall nutrition knowledge. However, limited changes were found in availability, accessibility, and consumption of fruits and vegetables. The result of the study showed the effectiveness of the nutrition education program.