Food is one of the most essential and basic factors for human growth and survival. And fish is one of the food resources that contains most of substances required for humans' growth and health and because of its ingredients such as Fatty Acids & Omega-3, has been called health food. Throughout the world, the individuals who eat fish have a longer life and suffer less from cancer and heart diseases than others who do not use fish as a nutritive resource. Researchers believe that this is the result of a useful and extraordinary fat contained in fish.

Goal

This is a cross sectional study of descriptive-analytic type conducted on 100 female students between 14-17 years of age using random sampling method, and through interviewing technique and distributing questionnaires which contains questions about the economical & social situations of the students together with questions about their knowledge and performance with regard to the matter. The data were analyzed using SPSS software.

Findings

Among the 100 samples under study, fathers of 58% had academic degrees and 40.6% had mothers with high school diploma; fathers of 60.2% of the students were civil servant, and 30.5% had fathers who were workers. And mothers of 80% of the students were housewives. The study revealed that the students have an average knowledge about the nutritive value of fish in preventing diseases. The main method of fish cooking revealed to be frying in oil (88%), Toasting in Oven (20.8%), Barbecuing (15.7%), cooking in boiling water (9%) and 10.6% of the students avoid eating fish.

Results

The results of this study revealed that the students had no proper schedule for eating fish and considering the fact that at this age, girls are in need of this nutritive resource, it is advised to develop and hold a proper and attractive training program with regard to fish eating for this group age. Evidently, improving their knowledge may be effective in formation of habits of nutrition in teenage female students and will guarantee the health of future generation.

Key words: Awareness, Knowledge, Performance, Fish, Health