

Comparison of Two Methods of Nutritional Education and Active Life Style on the Frequency of Food, Body Composition and Physical Fitness of Elementary School Girls

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Abstract Objective: nutritional education and active life style can play a decisive role in providing knowledge, desirable attitude and increased physical activity and physical activity students. This study aimed to compare two methods of nutritional education and active life style, one manual book and the other oral presentation on the frequency of food, body composition and physical fitness factors of Rasht district elementary school girls. **Methods:** A total of 300 samples are ed in three groups of lecture and booklet and control (with BMI $88/4 \pm 32/21$, $51/2 \pm 5/19$, $58/4 \pm 82/20$) to divided evenly. Food frequency questionnaire at baseline in all three groups were identified. Then, in a group using the tutorial and manual book in the other lecture Q & A was conducted, a special program was provided in the control group. Body mass index (BMI), body fat percentage and lean body weight were measured. Fitness factors, including flexibility, sit-up, aerobic capacity was measured. Nutritional education and active life style of students 8 weeks, 2 sessions of 30 minutes of instruction in all three groups were tested again. T-test statistical methods, ANOVA, Wilcoxon and Kruskal-Wallis tests were used for statistical operations. **Results:** The results showed that nutritional education and active life style in the lecture group was better than the other two groups manual book control ($p < 0/05$). The control group had a significant increase in BMI (p

Keywords : Key words: education, nutrition, active way of life, food frequency, lecture, manual, body composition, physical fitness.

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