

# **The Relationship between Nutrition Knowledge and Physical Activity with Diet and Lifestyle habits among Rural and Urban Students**

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**Many healthy and unhealthy habits are formed during adolescence and extend to later periods of life. These habits are affected by various factors. One of these factors is knowledge or so-called health literacy that is introduced as a cognitive and social skill that determines the motivation and ability of individuals to access, understand and use information. In order to improve nutrition and physical activity habits as well as preventative strategies to improve healthy lifestyles, knowledge and understanding of students about nutritional knowledge and physical activity seems necessary. Therefore, in the present study, nutritional knowledge, physical activity knowledge and its relationship with lifestyle habits of students in urban and rural schools will be investigated. The present research is descriptive-analytic. The statistical population of the study was all male and female students of urban and rural areas of Khomeem city (1669 students, 805 girls, 864 boys). A total of 350 questionnaires were distributed to all students. But finally, 285 questionnaires (return rate: 81%) were completely collected and analyzed. The research instrument was a questionnaire of physical activity knowledge, nutrition knowledge and habits or lifestyle of students based on the 4-degree Likert scale. The faculty and content validity of the questionnaires was approved by 10 faculty members and physical education teachers and their reliability was also calculated in a guide study using Cronbach's alpha coefficient. The results of the data analysis indicated that physical activity knowledge had a lower average than the other two variables. There was a significant difference between knowledge of nutrition, physical activity knowledge and lifestyle of male and female students (p**

**Keywords : Adolescent lifestyle, Health knowledge, Nutrition knowledge**

