

## **EFFECTIVENESS OF NUTRITION EDUCATION AND TEACHING METHODS ON ADOLESCENT GIRLS NUTRITIONAL KNOWLEDGE**

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### **ABSTRACT**

Adolescents are tomorrow's adult population, and their health and well-being are crucial. For adolescents proper nutrition supports not only physical health but also learning, growth and development. Therefore it is need to train this group regarding health and nutritional awareness especially for girls, who are future mothers. The present investigation was conducted to study the knowledge of adolescent girls about health care, eating habits, nutritional awareness. Also to evaluate an impact of educational training and teaching methods on knowledge of adolescents. About 300 adolescent girls, in the age group of 13 to 15 were selected at random. The nutrition education was imparted to these subjects through different teaching methods along with audio visual aids. The inferences were drawn with the help of suitable statistical tools wherever felt necessary. Results indicated that majority of the sample adolescent girls assessed to have either poor or fair levels of awareness about the components included on health care and nutritional awareness. And it was noticed that the six week nutrition education programme had significant improvement in their awareness and behavior in respect to the components dealt in nutrition education training.

**KEYWORDS:** Adolescents, Food Habits, Health Care, Nutritional Awareness, Nutritional Awareness