



Relation between feeding habits on children with three to five years old and the level of knowledge about nutrition of the tutors of them.

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INTRODUCTION

The nutrition has a big influence in the health along the live, but, the first years of the children are vital to forge good feeding habits, because the adoption of them at this stage will be long at the future ⁽¹⁾. Every kid who learns to eat in a right way, will have on favor the prevention of non-communicable diseases.

One of the causes of a bad nutrition on children could be the ignorance of the parents or tutor about a right alimentation ⁽²⁾, as they are the principal person who supply their foods ⁽³⁾.

OBJECTIVE

Relate the level of knowledge about nutrition who has the parents with the feeding habits of children with three to five years old of the city San Juan de los Lagos, Jalisco.

MATERIAL AND METHOD

This study is quantitative an qualitative, with a descriptive scope, it design transversal, non-experimental. 32 parents were studied, prior informed consent process. As instrument was the “Survye about feeding habits by Durán and Cols” and “Level of knowledge about nutrition by Leiba, F:& Rosali, T”, modified at convenience”.

RESULTS

The participants on this study agreed on volunteer way consisting of a total of 32 parents or tutor of the 3 to 5 years old childs. The 50% was female gender, and the 50 % of male gender.

On the table 1, it is appreciate that the number of participants with a study according to the Mexican National Educational Plan that they have a basic level (preescholer, elementary school, and high school) or without studies was on total 15 parents, which represents a 46.87%, this could mean a disadvantage in terms of knowledge that they could have on nutrition.

Table 1. Schooling of the tutor: frequency and percentage.

Schooling		
	F	%
Elementary school	8	25
High school (1)	2	6.3
High school (2)	7	21.9
Bachelor's degree	7	21.9
Tecnical career	3	9.4
No study	5	15.6
Total	32	100

On the tabe 2, according to the registred parameters on the survey, the 62.5% of the respondents had a high level on knowledge about nutrition, which means that they do have good bases on food and nutrition.

Table 2. Level of knowledge: frequency and percentage

Level of knowledge		
	F	%
High	20	62.5
Medium	12	37.5
Total	32	100

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Feeding habits		
	F	%
Good feeding habits	14	40.6
Regular feeding habits	19	59.4
Total	32	100

On the table 3, the statistical analysis showed that only the 40.6% of the kids have good feeding habits in spite of the number of the parents who have a high level of knowledge was more.

According to Páez et al. (2022), today the children tend to consum a superior quantity of energy than the quantity that they need, this high energetic consumption can be by behavioral causes related to deficient lifestyle, specially the prevalence of overweight and obesity, making an scenario where has been called obesogenic enviroment ⁽⁴⁾.

CONCLUTIONS

Even most of the interviewed parents handle appropriate knowledge on nutrition, there is a non application chord the regular feeding habits that their kids have, this could be because let them inflence by the feeding customs, economic factors, and others. However, more research needs to be done on this.

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