



Determination of The Effects of Nutrition Literacy on Functional Food Consumption in Nursing Students



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Introduction

Technological development increasing the education of consumers and facilitating access to information, improving living standards have also changed the expectations of consumers from the market in the world and in our country. Health risks from food have directed the consumer to the consumption of products that are more reliable and create added value besides nutrition. Functional Foods are foods or food ingredients that provide additional benefits on human physiology and metabolic functions, beyond meeting the body's need for essential nutrients, thereby being effective in preventing diseases and achieving a healthier life. Conscious consumption of these foods is important for preventing negative situations that may arise. Knowledge, attitude, skills and behaviors about food and nutrition may affect food selection, consumption and nutrition pattern. In the information era, individuals need to have knowledge, skills, attitudes and behaviors in various subjects such as media, health, information and communication technologies, ecology, finance, food and nutrition. This has led to the emergence of the concept of nutritional literacy. Nutritional literacy is important for consumers to understand, critically evaluate food, nutritional elements, nutritional groups and various nutritional information related to nutrition, and to apply this information by making the right decisions regarding healthy food selection and consumption.



Objective

The present study was carried out with to determine determination of the effects of nutrition literacy on functional food consumption in nursing students



Material and Method:

The University of the descriptive study was composed of all the students of the nursing department of a faculty of health sciences, and totally 242 samples whose sample agreed to participate in the study. This study, the questionnaire form, which was created by the researchers in line with the literature and that includes sociodemographic features. It was carried out to psychometric testing of the "Adolescent Nutrition Literacy Scale (Total = 22-110 points), through the validity and reliability of the tool by Seer et al. and the validity and reliability of tool "Adolescent Nutrition Literacy Scale (Total = 22-110 points)" by Türkmen et al. Finally, the tool was analyzed using percentage, averages, t test and Oneway Annova test, SPSS software version 22.00.

The universe of the descriptive study was composed of all students of a school of health sciences nursing department, and a sample of 242 students who agreed to participate in the study among these students. In the study, the questionnaire form, which was created by the researchers in line with the literature and that includes sociodemographic features, reliability validity Seer et al. The reliability validity of Türkmen et al. "Adolescent Nutrition Literacy Scale (Total = 22-110 points)" was used. The data were evaluated in SPSS 22.00 program using percentage, means, Mann Whitney U test, Kruskal Wallis test and spearman correlation test.



Results

In this study, Majority of the students whose in the age group of 20.33 ± 1.69 and 84.3% of the students whose average age is are women. Most of them had Anatolian High School education (66.1%) and only 32.6% of them study in the third grade. Somebody of them stay in the dormitory (48.3%). Their s mother is primary school (35.5%) and the father is high school graduate (31%). The family's income status is defined as equivalent to income and expense (81%). The students did not receive training on functional foods (16.9%) and nutrition literacy (7.4%). Students want to receive education on these topics (60.7%). Students is an average of 64.70 ± 7.50 for 'Attitude Scale towards Functional Foods and the Nutrition Literacy Scale score is an average of 68.81 ± 7.23 . It was determined that gender and high school graduate affect the attitude towards functional foods in students ($p < 0.05$).



Conclusion

Students' level of knowledge about functional foods and nutritional literacy is not at the desired level. Nutritional literacy score does not affect the attitude score towards functional foods. In order to increase the awareness of students on this subject, it was suggested to organize trainings for students and to include more of these topics in the lessons.



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