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Title: Differences in 5th-6th Grade Children's Eating Behaviors Between Weekdays and the Weekend

Author: Janice Hermann, PhD; Diana Romano, MS candidate; Stephany Parker, PhD; Joshua Phelps, MS; Diana Montgomery, PhD; Michael Merten, PhD, Barbara Brown, PhD

Abstract: The purpose of this study was to evaluate the types of foods and beverages consumed by limited resource children in 5th - 8th grade attending a rural school and determine who prepared foods and beverages children consumed, where children consumed foods and beverages, who was with children when they consumed foods and beverages and if there were differences in eating patterns between weekdays and the weekend. Students were instructed to make entries in a dietary journal four times a day on four days including two week days and two weekend days. One-hundred nine children completed the dietary journals, fifty-three percent were male and forty-seven percent were female. There was a significant difference in the types of foods and beverages children consumed on weekdays compared to the weekend. On weekdays children had a higher frequency of consuming foods and beverages from MyPyramid food groups and a lower frequency of consuming food and beverages from MyPyramid discretionary calories. There was a significant difference in who prepared foods and beverages children consumed on weekdays compared to the weekend. On the weekend children prepared foods more frequently themselves. In addition, family members and fast food/restaurants more frequently prepared food and beverages children consumed during the weekend. There was a significant difference in places where children consumed foods and beverages on weekdays as compared to the weekend. On weekdays the frequency of consuming food and beverages at school and at family members' homes was similar; however, on the weekend children more frequently consumed food and beverages at family members' homes and at fast food/restaurants. Although not significant, there were differences in people with whom children consumed foods and beverages on weekdays compared to the weekend. Children consumed foods and beverages alone at similar frequencies on weekdays and weekend days. During the weekend children consumed foods and beverages more frequently with family members than on weekdays.

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