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Information about micronutrients of 3rd and 4th grade students in nutrition and dietetics

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Essential subject taking place within the education process of students of nutrition and dietetics who are responsible for the regulation of nutrition of whole society and trainings in this issue is on bodily use of nutritional elements and disease relations. The aim of this study is to figure out to what extent effects of micronutrients on nutrition and human health is known by especially students of nutrition and dietetics who lead the society in terms of nutrition. This study has been conducted with 168 (157 females and 11 males) undergraduate students in 3th and 4th grade of Department of Nutrition and Dietetics of two universities. In the study, micronutrient knowledge of students has been investigated. A questionnaire form with 33 questions has been used in the study. 1 and 0 points have been given to each true, false and neutral responses respectively. In total, minimum 0 and maximum 33 points can be obtained. In all statistical tests, significance level has been accepted as $p < 0.05$. Any significant difference has not been found between average knowledge points and gender, age, grade and university ($p > 0.05$). It has been figured out that average knowledge point of students is 19. This study has an importance in terms of determining the knowledge level of students of nutrition and dietetics who have a vital role in protection of community health about micronutrient resources, its recommended doses, health problems as a result of inadequate or high intakes. As a result of the study, knowledge level of the ones who have taken education in this issue is moderate. Following the current guides may be helpful for the students to keep their knowledge updated.

Biography

Çağlar Akçalı has completed her Bachelor of Nutrition and Dietetic from Ege University. She is pursuing her Master's degree in Department of Nutrition and Dietetic at Ankara University. Also, she is a Research Assistant at the same university.

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