

Original Article

Frequency of snack consumption in preschool children

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Abstract

Background and Aim: Healthy nutrition plays a pivotal role in prevention of such oral diseases as dental caries, periodontal diseases, developmental defects of teeth, and oral mucosal lesions. The present study aimed to evaluate the frequency of snacks consumption in Kerman preschool children.

Methods: This cross sectional study was conducted on 320 preschool children. Data were collected by a questionnaire requesting information on demographic data and by a check list of kinds of snacks in preschool center and home. Data were analyzed by SPSS software, and t-student and Chi-square tests served for statistical analyses. P value were considered at 0.05%.

Results: About 59% of the participants were boys; 3.1% of mothers and 4.1% of fathers were illiterate; and 21.3% of parents had 1 child and 0.0 3% had 6 children. The mean frequency of snack consumption was 15.32 ± 14.93 during a week. There was significant difference between snack consumption in home and preschool center. There was no significant correlation between snack consumption and parents education, occupation and number of children. There was also significant difference between frequency of snack consumption and sex.

Conclusion: The results of this study suggest that consumption of snacks in preschool children in Kerman is high, and are influenced by site and sex.

Key words: Kerman- preschool- Snacks -frequency