

Can Dietary Knowledge Predict High School Female Students' Food Habits?

هل يمكن للمعرفة الغذائية التنبؤ بعادات الطعام لدى طالبات المدارس
الاعدادية؟

Fatima Ali Salim, MSc ¹,

Noor Alhuda Khaleel Ibrahim, PhD ²

“(1) University of Baghdad, College of Nursing Community
Health Nursing Department, Baghdad, Iraq, Email
fatima.ali2306m@conursing.uobaghdad.edu.iq.”

“(2) Assist. Prof. (PhD), University of Baghdad, College of
Nursing, Basic Sciences Department, Baghdad, Iraq Email:
noorkh@conursing.uobaghdad.edu.iq”

Can Dietary Knowledge Predict High School Female Students' Food Habits?

Can Dietary Knowledge Predict High School Female Students' Food Habits?

Fatima Ali Salim, MSc ¹,

Noor Alhuda Khaleel Ibrahim, PhD ²

Abstract : Dietary knowledge is crucial in determining individuals' nutritional status and eating habits, as it directly affects their food choices and body mass index. This study explores whether dietary knowledge can predict high school female students' food habits. Descriptive predictive correlational design. 390 female students who agreed to participate in this study were selected through a simple random sample. The data was collected using the Adolescent Dietary Knowledge Questionnaire and the Adolescent Food Habits Checklist. The study was conducted from November 26th, 2024, to June 5th, 2025. The study results exhibit that most are within normal weigh-to-height proportion ($n = 238$; 61.0%), followed by those who are overweight ($n = 114$; 29.2%). Revealed no significant correlation between students' food habits and dietary knowledge. While significant differences exist in students' food habits between age and BMI groups (p -value = .033, .034) respectively. that there is a statistically significant difference in DK among family's socioeconomic groups (p -value = .009), the regression model reveals that participants' age and BMI can positively predict food habits (p -value = .038, .002), respectively. The conclusion the older the students, the healthier the food habits they have been adhering to, having a within normal weight-to-height proportion propels students to adhere to healthier food habits, the better the socioeconomic class the family is in, the better the dietary

Can Dietary Knowledge Predict High School Female Students' Food Habits?

knowledge the students have. The study recommended The community health nurses need to establish health promotion activities that seek to enhance student' food habits, and dietary knowledge. The community health nurses need to establish collaboration with different stakeholders in the community including the Ministry of Labor and Social Affairs with the goal of enhancing dietary knowledge for families with low socio-economic status.

Keywords: Dietary Knowledge, Food Habits, High School Female Students

المستخلص:

المعرفة الغذائية امر بالغ الأهمية في تحديد الحالة الغذائية للفرد وعاداته الغذائية ،حيث تؤثر بشكل مباشر على اختياراته الغذائية ومؤشر كتلة الجسم.تستكشف هذه الدراسة ما إذا كانت المعرفة الغذائية يمكن أن تتنبأ بالعادات الغذائية لطالبات المدارس الاعدادية. تصميم ارتباطي تنبؤي وصفي. تم اختيار ٣٩٠ وافقن على المشاركة في هذه الدراسة من خلال عينة عشوائية بسيطة. تم جمع البيانات باستخدام استبيان المعرفة الغذائية للمراهقين وقائمة مراجعة عادات المراهقين الغذائية. أجريت الدراسة من ٢٦ تشرين الثاني ٢٠٢٤ إلى ٥ حزيران ٢٠٢٥. تظهر نتائج الدراسة أن معظم المشاركات يكن ضمن نسبة وزن إلى طول طبيعية (٢٣٨ طالبة؛ ٦١,٠%)، تليهن من يعانين من زيادة الوزن (١١٤ طالبة؛ ٢٩,٢%). لم تُظهر نتائج الدراسة وجود ارتباط ذات دلالة إحصائية بين عادات الطعام والمعرفة الغذائية لدى الطالبات، بينما توجد فروق دالة إحصائية في عادات الطعام بين مجاميع العمر ومؤشر كتلة الجسم ($p\text{-value} = ٠,٠٠٣٣, ٠,٠٠٣٤$) على التوالي. وهناك فرقاً دالاً إحصائياً في المعرفة الغذائية بين فئات الوضع الاجتماعي والاقتصادي للأسرة ($p\text{-value} = ٠,٠٠٠٩$) ويُظهر نموذج الانحداري أن عمر المشاركات ومؤشر كتلة الجسم يمكن أن يتنبأ إيجابياً بالعادات الغذائية ($p\text{-value} = ٠,٠٠٠٢, ٠,٠٠٣٨$)

Can Dietary Knowledge Predict High School Female Students' Food Habits?

على التوالي. الاستنتاج: كلما تقدم عمر الطالبات، كانت عاداتهن الغذائية أكثر صحة، ووجود نسبة طبيعية من الوزن الى الطول يدفع الطالبات الى الالتزام بعادات غذائية صحية. كلما كانت الطبقة الاجتماعية والاقتصادية التي تنتمي اليها الاسرة أفضل، كانت المعرفة الغذائية التي يتمتع بها الطالبات أفضل. توصيات الدراسة : يحتاج مرضي صحة المجتمع إلى إنشاء أنشطة تعزيز الصحة التي تسعى الى تحسين العادات الغذائية للطلاب ومعرفتهم الغذائية. يحتاج مرضي صحة المجتمع الى التعاون مع الجهات المعنية في المجتمع، بما في ذلك وزارة العمل والشؤون الاجتماعية، بهدف تعزيز المعرفة الغذائية للاسرة ذات الوضع الاجتماعي والاقتصادي المنخفض.

الكلمات المفتاحية: المعرفة الغذائية، عادات الطعام، طالبات المدارس الاعدادية

Introduction

Health, nutrition, and population policies are essential components that significantly influence economic growth and human development. They are vital in addressing poverty and improving the overall well-being of communities ⁽¹⁾. The World Health Organization (WHO) estimates that by 2025, approximately 167 million people – adults and children – will suffer from ill health due to being overweight or obese ⁽²⁾. The Global Nutrition Report in Iraq stated that the rate of obesity is greater than the average rate in the region, which is 10.3% for women and 7.5% for men. The prevalence of obesity among girls (5-19 years) in Iraq in 2000 was 7.9%. In 2010, it rose to 11.6%; in 2020, it became 15.7% ⁽³⁾.

Adolescence represents a crucial stage of development, where dietary habits and nutritional well-being play a vital role in influencing health results ⁽⁴⁾. Research indicates that adolescents who regularly consume energy-dense, unhealthy foods and have low intakes of fruits and milk are more likely to opt for fast food

Can Dietary Knowledge Predict High School Female Students' Food Habits?

frequently ^(5,6). As part of a healthy lifestyle, nutrition is crucial to young people's development ⁽⁷⁾. Furthermore, eating habits developed during adolescence and early adulthood influence long-term behavior and have important implications for adult life ⁽⁸⁾. Reduced physical activity and consumption of fast food are other important unhealthy lifestyle trends among adolescents ^(9,10).

Fast food is an integral part of the Western diet. It is high in energy, low in nutrients, fiber and micronutrients, and high in refined grains, sodium, and sugar ^(11,12). It is well known that fast food consumption is associated with poor dietary habits (e.g., increased consumption of soft drinks and sweets and decreased consumption of fruits and vegetables) and unmet nutritional needs ⁽¹³⁾. It may also be that eating while watching television, which is very common among many people, influences dietary patterns ⁽¹⁴⁾.

Diet and optimal nutrition are key factors for optimal physical, mental, and cognitive development in adolescents. Dietary choices and habits of adolescent students are associated with impacts on school performance and overall academic success ⁽¹⁵⁾. Like other health-promoting behaviors, dietary habits established during adolescence persist into adulthood ⁽¹⁶⁾.

Various individual, social and environmental factors influence eating habits, such as food taste, food culture, peer and community influence, availability of cooking utensils and food prices ⁽¹⁷⁾. Iraqi studies highlight significant differences in eating habits and activity patterns between boys and girls ^(18,19). Girls in particular tend to skip breakfast more often and eat more fruits, vegetables and sweets such as chocolate and chips ^(18,20,21).

Can Dietary Knowledge Predict High School Female Students' Food Habits?

Another important factor affecting young people's nutrition is the inadequacy of nutritional information, while inadequate nutritional information and heavy economic conditions can cause adolescents to be undernourished ^(22,23). As demonstrated by numerous studies, nutrition education is considered one of the most effective ways to improve individual nutrition knowledge ⁽²⁴⁾. Good nutrition knowledge is one of the few modifiable factors determining eating behavior. It helps build the skills and capacities to resist environmental factors leading to unbalanced and unhealthy diets ⁽²⁵⁾. Better nutrition knowledge is associated with better eating habits and lower obesity rates ⁽²⁶⁾.

Methodology

Design of the Study:

For the current study, a quantitative, descriptive predictive correlational design for the examination of the association between dietary knowledge and food habits among high school female students. The study was conducted from November 26th, 2024 to June 0th, 2025.

Settings of the Study

The study was held in schools of Al-Qaim District – Al-Anbar Governorate, Iraqi country.

Sample of the Study

The study involved a simple random sample of (390) high school female students who agreed to participate in the study. The study participants were recruited from six females' high schools. The total number of schools was 13.

Can Dietary Knowledge Predict High School Female Students' Food Habits?

Study Instrument

The study instrument encompasses the following three sections:

The Demographic Data Form: including age, grade, weight, height, and body mass index. The study instrument includes the socioeconomic level of the subjects' families was ascertained using the 2016 Revised Kuppuswamy and B G Prasad socioeconomic scales ⁽²⁷⁾. It includes the occupation of the household, which is divided into seven levels, with 10 points for the seventh level, the parents' degree of education, which is divided into ten levels (10 points for each parent), and the family's monthly income.

Adolescent Dietary Knowledge Questionnaire: Student's Dietary Knowledge was measured using the Arabic version of adolescent dietary knowledge questionnaire, which was developed by Said et al., 2020 ⁽²⁸⁾. The DKQ comprises five sections with a total of 56 items, which include both questions and sub-questions.

Adolescent Food Habits Checklist: In this study, student's Food Habits was measured using adolescent food habits checklist, which was developed by Johnson et al., 2002 ⁽²⁹⁾. The assessment consists of 23 items, with each 'healthy' response earning 1 point. Respondents should answer "False" for questions 3, 8, 14, 18, and 21, while all other questions should be answered "True."

Validity of the questionnaire

Nine experts have checked content validity and forward and backward translation validity. They are experts from the College of Nursing, University of Baghdad, and Mosul. The content validity index of the DKQ is 0.96 and that of the AFHC is 0.94.

Can Dietary Knowledge Predict High School Female Students' Food Habits?

Reliability of the Questionnaire:

Fifty-nine students participated in a pilot study to determine the reliability of the instrument. Cronbach's alpha, a measure of internal consistency, was used to check that the questionnaire was reliable. The alpha correlation coefficient was used to determine the instrument's reliability. The Cronbach's alpha exhibits excellent evaluation for the DKQ is (0.92), very good evaluation for AFHC is (0.88); these findings indicate that the questionnaires exhibited a satisfactory level of internal consistency.

Data Collection and Analysis

The study was conducted from November 26th, 2024 to June 5th 2025. Data were collected during the period spanning from December 30th, 2024 to January 30th, 2025. Data were collected via a self-report questionnaire which is composed of three main components. The statistical package for social science (SPSS), version 27, was utilized for coding and analyzing the data. the Spearman rho correlation coefficient, multiple regression mode and The Kruskal-Wallis test were applied.

Results

| | | Dietary Knowledge | Food Habits |
|----------------|-------------------|-------------------|-------------|
| Spearman's rho | Dietary Knowledge | - | .030 |
| | Food Habits | .030 | - |

Can Dietary Knowledge Predict High School Female Students' Food Habits?

The study results exhibit that there is no statistically significant correlation between DK and FH $r = (.030)$.

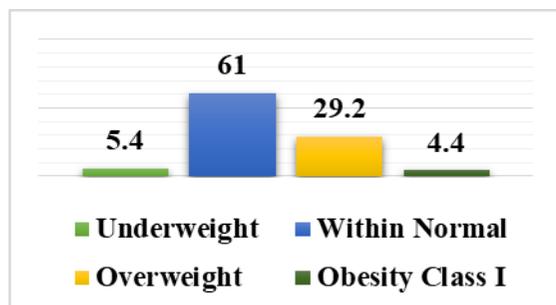


Figure 1. Participants' distribution based on their body mass index

The study results show that the majority have a normal weight-to-height ratio ($n = 238$; 61.0%), followed by overweight ($n = 114$; 29.2%), underweight ($n = 21$; 5.4%) and people with grade I obesity ($n = 17$; 4.4%).

3.2. Difference in dietary knowledge among socioeconomic status groups

| Ranks | | | | Kruskal-Wallis H | df | Asymp. Sig |
|-------------------|--------------------|-----|-----------|------------------|----|------------|
| Dietary knowledge | SES | N | Mean Rank | 11.492 | 3 | .009 |
| | Lower class | 6 | 149.17 | | | |
| | Lower middle class | 193 | 180.75 | | | |
| | Middle Class | 117 | 200.39 | | | |
| | Upper Middle Class | 74 | 229.99 | | | |

Can Dietary Knowledge Predict High School Female Students' Food Habits?

| | | | | | |
|--|-------|-----|--|--|--|
| | Total | 390 | | | |
|--|-------|-----|--|--|--|

Asymp. Sig.: Asymptomatic Significance, df: Degree of freedom, N: Number

The study results exhibit that there is a statistically significant difference in DK among family's SES groups (p-value = .009).

Table 3.3. Regression model for study variables

| Model | Unstandardized | | Standardized | t | Sig. |
|----------------------|----------------|------------|--------------|-------|------|
| | Coefficients | | Coefficients | | |
| | B | Std. Error | Beta | | |
| (Constant) | 25.640 | 5.092 | | 5.035 | .000 |
| Age(years) | .450 | .217 | .107 | 2.077 | .038 |
| Socioeconomic status | -.037 | .045 | -.044 | -.829 | .408 |
| Body mass index | .214 | .068 | .157 | 3.136 | .002 |
| Dietary Knowledge | .037 | .036 | .052 | 1.021 | .308 |

a. Dependent Variable: Food Habits B: Beta, Sig: Significance, t: T-statistics

The regression model reveals that participants' age and body mass index can positively predict food habits (p-value = .038, .002) respectively.

Discussions

1. Discussion of the Association between Food Habits and Dietary Knowledge among Participants.

The study results exhibits that there was no significant association between participants' food habits and their dietary knowledge. This finding can be explained as that participants' regardless of their DK have almost invariant FH. This finding is similar to a 2019 study conducted in Iraq, which reported no statistically significant association between dietary habits and nutritional knowledge.⁽²⁵⁾ A

Can Dietary Knowledge Predict High School Female Students' Food Habits?

descriptive study included 400 the students are from secondary schools in the Kerbala City, Iraq , has revealed that nutritional knowledge among female adolescents does not influence their overall eating habits; however, it does impact their consumption of fruits and vegetables .⁽³⁰⁾ Maponya and Malongane state that no relationship between individuals' nutritional knowledge and their adherence to dietary practices, as most adolescent learners have adequate NK but poor nutritional practices. ⁽³¹⁾ A study conducted in Baghdad, Iraq, in 2023 reveals no statistically significant differences in Self-Efficacy, barriers to change, nutritional knowledge, and knowledge about food safety among the grade groups. It reveals that most high school female participants do not eat breakfast. Most have poor dietary knowledge, most people drink soft drinks, such as cola, and orange soda, between meals, most them never exercise.⁽¹⁸⁾ Conversely a across-sectional study conducted in the city of Izmir , Turkey consisted of a total of 467 adolescents to investigate the relationship between nutrition literacy (NL) and FH, and factors affecting the relationship, found there was a positive and significant relationship between NL and FH. ⁽³²⁾

2. Discussion of the Differences in participants' Dietary Knowledge among BMI, Age, Grade, and Socioeconomic Status groups.

The results of this study exhibited that there are no significant differences in participants' DK among age, students' grade, and BMI groups, where only there is a significant difference in family's SES groups (p-value = .009). This finding can be explained as that participants from families with better SES (upper middle class, middle class) tend to have better DK, conversely participants from families low socioeconomic (lower middle class, lower class) lack

Can Dietary Knowledge Predict High School Female Students' Food Habits?

DK highlighting the need for educational and awareness strategies targeting these groups to promote their DK. In line with these results cross-section study among school-going adolescents in rural areas of Jodhpur, Rajasthan. The primary objectives were to assess the relationship between socioeconomic status and adolescents' nutritional knowledge and dietary practices., encompassing data from 385 adolescents, with variables such as family income, and parental education. highlighted significant correlations between adolescents' higher SES and enhanced nutritional knowledge and dietary practices. Those from wealthier families and those with more educated parents revealed a greater understanding of and adherence to healthy dietary guidelines. Conversely, adolescents from lower SES backgrounds tended to reveal lack knowledge and poorer nutritional habits. ⁽³³⁾

3. Discussion of the Regression Analysis for the Influence of Age, Body Mass Index, Dietary Knowledge, and Socioeconomic Status on Food Habits among participants.

The study results indicate that the participants' age can positively predict food habits. This finding implies that the older the students, the healthier the food habits they have been adhering to. The proportion of students who age 18-19 years constitutes more than 54%. So, this implies that students who age 18-19 years, to some degree, have been adhering to healthier food habits.

The finding revealed that the participants' BMI can positively predict FH. This finding implies that the higher the BMI, the healthier the food habits they have been adhering to. Since the greater proportion of participants were within normal weight-to-height proportion, so this finding implies participants within normal weight-to-height proportion have been adhering to healthier FH.

Can Dietary Knowledge Predict High School Female Students' Food Habits?

In line with these results, a cross-sectional study at the Jazan University, Saudi Arabia, to determine the consumption of fast food among university students and evaluate factors that may impact it, such as sociodemographic factors, BMI or nutritional habits was employing a random sampling methodology involving 184 university participants. the study used the regression analysis that revealed independent variables of the study, BMI, age, monthly income, gender, daily vegetable consumption, regular breakfast habits, night eating habits were significant predictors. It is observed that as the BMI value of participants increases their frequency of fast food consumption increases. Participants have less fast food consumption frequency with the increase of age. The increase in the income of participants leads to more fast food consumption frequency. The fact that women students consume less fast food than men students and that they have a daily vegetable consumption habit indicates that women students consume fast food less frequently.⁽³⁴⁾ A study aimed at identify female adolescents according to their FH and explore impact of FH on their body weight. 212 female adolescents (age15-17 years) were chosen randomly from secondary schools in Dammam, Eastern Province, Saudi Arabia. FH were found to impact body weight, specifically through fast food, soft drinks, and vegetable consumption. It was revealed that fast food consumption and the intake of soft drinks have a positive and significant correlation with body weight.⁽³⁵⁾

Conclusions:

1. The older the students, the healthier the food habits they have been adhering to.
2. Having a within normal weight-to-height proportion propels students to adhere to healthier food habits.

Can Dietary Knowledge Predict High School Female Students' Food Habits?

3. Participants; irrespective of their grade, dietary knowledge, and socioeconomic class, have almost invariant food habits.
4. The better the socioeconomic class the family is in, the better the dietary knowledge the students have.

Author Disclosure Statement

The authors declare no conflict of interest

Recommendation

1. The community health nurses need to establish health promotion activities that seek to enhance students' food habits.
2. The community health nurses need to establish health promotion activities that seek to enhance students' food habits for students who are underweight, and those who have overweight and obesity.
3. The community health nurses need to establish health promotion activities that seek to enhance students' dietary knowledge.
4. The community health nurses need to establish collaboration with different stakeholders in the community including the Ministry of Labor and Social Affairs with the goal of enhancing dietary knowledge for families with low socio-economic status.

Can Dietary Knowledge Predict High School Female Students' Food Habits?

References

1. Ministry of Health\Nutrition Research Institute. The National Nutrition Strategy Iraq. World Health Organization (WHO). 2021;5–25.
2. WHO. World Obesity Day– Accelerating Action To Stop Obesity. World Heal Organ. 2022;
3. Global Nutrition Report. Country Nutrition Profiles. Glob Nutr Rep. 2020;
4. Awad GM, Qassim WJ. Evaluation Of Nutritional Patterns Of Pregnant Adolescents. Obstet Gynaecol FORUM. 2024;(3):1101–8. Retrieved from <https://www.obstetricsandgynaecologyforum.com/index.php/ogf/article/view/428>
5. Kunset P, Punsawad C, Petsirasan R, Suwanbamrung C, Shohaimi S, Narkkul U, et al. Unhealthy Dietary Patterns And Their Associations With Sociodemographic Factors As Predictors Among Underweight And Overweight Adolescents In Southern Thailand. Int J Environ Res Public Health. 2023;20(17):6703. doi: 10.3390/ijerph20176703
6. Carvalho SDL, Filho A de AB, Barros MB de A, de Assumpção D. Do You Think That You Eat More Than You Should? Perception Of Adolescents From A Brazilian Municipality. J Pediatr (Rio J). 2021;97(1):66–74. doi: 10.1016/j.jped.2019.11.007
7. Pop L maria, Iorga M, Muraru I diana, Petrariu F dimitru. Assessment Of Dietary Habits , Physical Activity And Lifestyle In Medical University Students. 2021;1–16.
8. Hamulka J, Wadolowska L, Hoffmann M, Kowalkowska J, Gutkowska K. Effect Of An Education Program On Nutrition Knowledge, Attitudes Toward Nutrition, Diet Quality, Lifestyle,

Can Dietary Knowledge Predict High School Female Students' Food Habits?

- And Body Composition In Polish Teenagers. The ABC Of Healthy Eating Project: Design, Protocol, And Methodology. *Nutrients*. 2018;10(10):1439. doi: 10.3390/nu10101439
9. Alashmali S. Differences In Eating Habits, Physical Activity, And Sleep Patterns Among High School Students And Their Parents Before And During COVID-19 Pandemic. *Front Public Heal*. 2024;12(July):1–11. doi: 10.3389/fpubh.2024.1408145
 10. Hamzah ZM, Ali MBHA. Using The Constructs Of The Transtheoretical Model Of Change In Enhancing Regular Physical Exercise For Female High School Students. *Indian J Public Heal Res Dev*. 2018;9(12):960–5. doi: 10.5958/0976-5506.2018.01973.3
 11. Li L, Sun N, Zhang L, Xu G, Liu J, Hu J, et al. Fast Food Consumption Among Young Adolescents Aged 12–15 Years In 54 Low- And Middle-Income Countries. *Glob Health Action*. 2020;13(1). doi: 10.1080/16549716.2020.1795438
 12. Kareem Abed Ali H, Jabbar Qasim W. Using The Transtheoretical Model Of Change To Enhance High School Female Students' Self-Efficacy Of Refraining From Carbonated Drinks Consumption. *J Contemp Med Sci*. 2023;9(5):354–9. doi: 10.22317/jcms.v9i5.1431
 13. Ashdown-Franks G, Vancampfort D, Firth J, Smith L, Sabiston CM, Stubbs B, et al. Association Of Leisure-Time Sedentary Behavior With Fast Food And Carbonated Soft Drink Consumption Among 133,555 Adolescents Aged 12–15 Years In 44 Low- And Middle-Income Countries. *Int J Behav Nutr Phys Act*. 2019;16(1):35. doi: 10.1186/s12966-019-0796-3
 14. Rizwan AA, Huda MS, Azad AM, Hasan F. Effect Of Food Habit On The Nutritional Status Of The Female University Students. *Int J Multidiscip Res Growth Eval*. 2021;2(3):82–48.

Can Dietary Knowledge Predict High School Female Students' Food Habits?

15. Bárbara R, Ferreira-Pêgo C. Changes In Eating Habits Among Displaced And Non-Displaced University Students. *Int J Environ Res Public Health*. 2020;17(15):5369. doi: 10.3390/ijerph17155369
16. Bel-Serrat S, Greene E, Mullee A, Murrin CM. Theoretical And Practical Approaches For Dietary Behavior Change In Urban Socioeconomically Disadvantaged Adolescents: A Systematic Review. *Nutr Rev*. 2022;80(6):1531–57. doi: 10.1093/nutrit/nuab120
17. Kabir A, Miah S, Islam A. Factors Influencing Eating Behavior And Dietary Intake Among Resident Students In A Public University In Bangladesh: A Qualitative Study. Wieringa F, editor. *PLoS One*. 2018;13(6):e0198801. doi: 10.1371/journal.pone.0198801
18. Abd-Ulzahrah O, Mohammed Noori A. The Relationship Between Food Habits, Eating Behavior, And Nutritional Knowledge Of High School Female Students And Their Demographic Attributes. *Mosul J Nurs*. 2023;11(1):43–7. doi: 10.33899/mjn.2023.176944
19. Noaman A, Dhahir N. Study Of Gender Differences In Health Promoting Behaviors For A Sample Of Students Attending Institute Of Technology, Baquba. *Iraqi Natl J Nurs Spec*. 2016;29(1):95–104. doi: 10.58897/injns.v29i1.246
20. Musaiger AO, Al-Mufty BA, Al-Hazzaa HM. Eating Habits, Inactivity, And Sedentary Behavior Among Adolescents In Iraq: Sex Differences In The Hidden Risks Of Noncommunicable Diseases. *Food Nutr Bull*. 2014;35(1):12–9. doi: 10.1177/156482651403500102
21. Masthalina H, Purba M, Pangaribuan L. Fast Food Consumption Patterns Nutritional Status And Anemia Among Female. *J*

Can Dietary Knowledge Predict High School Female Students' Food Habits?

- Penelit Pendidik IPA. 2024;10(7):3656–63. dio: 10.29303/jppipa.v10i7.8030
22. Akbulut AK. The Determination Of Nutritional Habits Of Students. Prog Nutr. 2021;23(2, SI). dio: 10.23751/pn.v23iS2.12098
23. Khalifa M. Effect Of Obesity And Socioeconomic Status On Adolescents' High School Students' Intelligence Quotient In Baghdad City. Iraqi Natl J Nurs Spec. 2017;30(1):9–14.dio: 10.58897/injns.v30i1.262
24. Bowers TAR. Use Of Social Media For Delivery Of Nutrition Education To Caregivers Of Children In A Faith Based Organization [Internet]. Salisbury University ProQuest Dissertations & Theses. 2020.
25. Molan JA. Dietary Habits And Nutritional Knowledge Among High Health Institute Students In Basrah. Med J Basrah Univ. 2019;37(2):81–90. dio: 10.33762/mjbu.2019.163358
26. Bukenya R, Ahmed A, Andrade J, Grigsby-Toussaint D, Muyonga J, Andrade J. Validity And Reliability Of General Nutrition Knowledge Questionnaire For Adults In Uganda. Nutrients. 2017;9(2):172. dio: 10.3390/nu9020172
27. Majumder S. Socioeconomic Status Scales. J Fam Med Prim Care. 2021;10(11):3964–7. dio: 10.4103/jfmprc.jfmprc_600_21
28. Said L, Gubbels JS, Kremers SPJ. Development Of Dietary Knowledge And Adherence Questionnaires For Lebanese Adolescents And Their Parents. Int J Environ Res Public Health. 2020;17(1). dio: 10.3390/ijerph17010147
29. Johnson, J W, J G. The Adolescent Food Habits Checklist. Eur J Clin Nutr. 2002;56:644–9.
30. Mhson HT, Al-kerety SHF. Effect Of Nutritional Knowledge And Dietary Habits On Nutritional Status Among Adolescent

Can Dietary Knowledge Predict High School Female Students' Food Habits?

Girl. 2024.

31. Daniel MT, Malongane F. Assessment of Nutrition Knowledge and Dietary Practices of Adolescent Learners Aged 13-18 Years Old in Polokwane Municipality, Limpopo Province, South Africa [Internet]. University of Venda; 2020.
32. Koca B, Arkan G. The Relationship Between Adolescents' Nutrition Literacy And Food Habits, And Affecting Factors. *Public Health Nutr.* 2020;24(4):717–28. doi: 10.1017/S1368980020001494
33. Paridhi Mathur, Dr. Zafar Ejaz Khan, Dr. Sadakat Bashir. The Impact of Socioeconomic Factors On Nutritional Knowledge And Dietary Practices Among School-Going Adolescents. *EPRA Int J Multidiscip Res.* 2024;10(8):849–56. doi: 10.36713/epra18063
34. Arslan N, Aslan Ceylan J, Hatipoğlu A. The Relationship of Fast Food Consumption With Sociodemographic Factors, Body Mass Index And Dietary Habits Among University Students. *Nutr Food Sci.* 2023;53(1):112–23. doi: 10.1108/NFS-01-2022-0003
35. Abuzaid OI, Alkhalaf SA, Alessa HA, Al- SA, Bawazier SS. Relationship Between Food Habits And Body Weight Of Saudi Adolescent Females, Cross-Sectional Study. 2022;(1). doi: 10.18576/jans/010103