Analysing the parent-child differences in evaluating the eating behaviour of primary school pupils

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Abstract

There are many factors that influence children's eating, and the role of parents is outstanding. During our research we studied children's eating behaviour and were also interested in parents' attitudes towards their children's eating habits. An adaptation of the validated Dutch Eating Behaviour Questionnaire (DEBQ) was used. We also examined the results by BMI categories. We used so-called paired-sample as the questionnaire was filled out by 433 primary school children and their parents where each of the parent-children answers were paired. The results show that parents consider the child's eating habits differently than the child itself. On one hand parents of not-obese children overestimate their children's self-control about delicious food. On the other hand, parents of obese children underestimate their children self-control compared to the child's own estimation.

Keywords: *DEBQ; eating; healthy nutrition*

Track: Consumer Behaviour