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The correlation of sports activity and eating habits in preschool children and their parents

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Abstract

The aim of this research was to analyze sports activity and eating habits in preschool children and their parents. We were interested in the correlation between parents' and preschool childrens' eating habits and sports activity. A questionnaire consisting of 32 questions was used to interview 93 parents of three to five year old children from 3 Slovene kindergartens. The data was processed by the SPSS program, calculating the frequency and contingency tables. We have established that nutrition of the majority of preschool children is regular and proper; despite the fact that quite a few five year old girls and 3 year old boys have an increased BMI (body mass index). Their parents' eating habits are far from exemplary though – over 50% eat only 2 to 3 meals a day. Even though no statistically characteristic correlation was ascertained, the results show that children whose parents are sports active have more adequate nutrition than those children whose parents are not sports active. It is statistically characteristic that parents, who are more sports active, involve their children in sports more. The majority of them also spend their holidays actively. We are of the opinion that at the time when children are still prone for parents' and teachers' influences, children should adopt a positive attitude towards a sports active way of life and healthy nutrition which represent the fundamental condition for a normal way of life without any unnecessary troubles due to harmful habits and modern diseases.

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