

# THE RELATIONSHIP BETWEEN PARENTS AND THEIR PRESCHOOL CHILDS EATING BEHAVIOURS AND BMI: A SECONDARY ANALYSIS OF THE NATIONAL PRESCHOOL NUTRITION SURVEY



## METHODS

The relationship was assessed using the Children's Eating Behaviour Questionnaire (CEBQ) and the Adult Food Neophobic Scale (FNS) alongside other data.

## CONCLUSION

Future research is necessary to understand the complexity of eating behaviours and their development during childhood, with a focus on creating healthier habits to reduce diet-related diseases and the rates of obesity.

## RESULTS

- No associations between any parental SES factors and child's CEBQ score (consistent with previous literature).
- An association between the child's food fussiness score and parent's education level.
- Significant association between CEBQ score and their BMI.
- Children were more food fussy with age (consistent with previous literature).
- Weak positive correlation between BMI of parents and BMI of child.

# How to Complete an Awesome Final Year Project



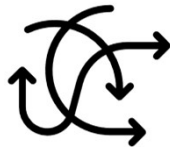
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Catch up with friends, library/ coffee shop sessions.



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Organise regular catch-ups with your supervisor and agree on deadlines for draft submissions to allow for feedback.



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Any results you find will contribute to the body of evidence on your topic, it doesn't have to be life-changing.



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A picture paints a thousand words – figures and tables will save your word count and keep it interesting.