

## **Influence of Parent's Food Habits on Nutrition Behaviours of Children under 7 Years in Tehran, Iran**

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**Abstract :** Several studies about food habits in diverse population show, early living years play significant role in building of current food habits. Suitable nutrition in children is also influenced by parent's food habits. The aim of study is to survey the role of parent's food habits to form of nutrition behaviours in children under 7 years in Tehran - Iran. The study is a Descriptive study. The participants were 19 children under 7 years with their mothers from a kindergarten in the central Tehran. The sampling method was random sampling. The data was collected by food habits questionnaires and implementation of consultation meetings with the mothers. The data analysis was qualitative analysis. The findings show that 79% children and their parents have eaten enough and variety breakfast, but food choices of children were depended on food choices of parents. In the other meals, the majority of children enjoyed to eat dinner (58%), because the more families could eat dinner together. According to mother opinions, the children enjoy eating macaroni, chicken, fried potatoes, chips and fruit juices. The researchers argue that mother's role is unavoidable in the food preferences among children. Fortunately, the results believe that children tend to drink simple milk (79%). Moreover, their parents lead them to chocolate milk consumption (42%) instead of other flavored milk. Finally, despite popular belief claim that mothers influence on nutrition behavior of children, but the study argues that the fathers have more effects on children's nutrition behaviours. In conclusion, it seems that the general trainings about promoting healthy nutrition behavior for parents by mass media can improve nutrition habits and behaviours of pre school children.

**Keywords :** food habits, parents, nutrition behaviours, children, promoting nutrition

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