

## **Is Telenutrition a feasible method of teaching nutrition to students in rural schools?**

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**INTRODUCTION:** The number of overweight children has increased dramatically over the past few decades, especially in rural communities. Access to a Registered Dietitian in a rural community is not always possible. The internet is an excellent source of information and a tremendous mode for communication. **OBJECTIVE:** The purpose of this study is to test the feasibility of telenutrition as a means of teaching nutrition to students in rural schools. **METHODS:** Two nutrition classes were taught to sixth grade students (25 students total) in a rural school. The first class (12 students) was taught in person and the second (13 students) via the internet using Macromedia Breeze software. A game was used in both classes to see if the students learned the material. The observer in the class was given a questionnaire to complete to gauge participation and to note the students' comments. **RESULTS:** The students in both classes were engaged in the nutrition class. The students' interest in the internet class peaked during the entire class whereas the students' interests in the other class peaked during the game. Both classes were equally engaged in the game. **CONCLUSION:** A nutrition class was able to be transmitted through the internet and the students were able to learn about nutrition. The internet seems to be an excellent mode of providing personal nutrition classes to students in rural communities. Future studies should evaluate student recall of nutrition information.