

## **Abstract**

Adolescents are a nutritionally vulnerable group. Nutritional problems in adolescent girls are common throughout Egypt. Poor nutritional knowledge among adolescent girls can lead to unhealthy community as they are the future mothers. This study aimed to determine the effect of nutrition education intervention in improving knowledge, attitude and practices of adolescent girls.

**Subjects & Methods:** The study was an interventional study, conducted in two urban secondary schools for girls; chosen by stratified random sample. The study population was selected randomly from girl's students with total of (117) girls. A well- structured self-administrated Arabic questionnaire was designed to assess the nutrition knowledge, attitude and practice before and after nutrition education. Seven nutrition education lessons were conducted to enhance knowledge, skills, and food choices.

**Results:** After delivery of nutrition education, all the girls acquired adequate nutrition knowledge (100%), with a (36.7%) of the girls changed their attitude from negative to positive and (50%) of the girls had a good nutrition practice with a statistical significance difference between the two groups was observed regarding the KAP ( $P = 0.000$ ).

**Conclusion & Recommendations:** It is concluded that a school-based comprehensive nutritional program had significant effect on knowledge, attitude and practice of the school girls. There is a need for nutrition education for adolescents as the dietary behaviors established during childhood and adolescence may extend into adulthood.

**Key Words:** *Adolescent girls - Nutritional education - KAP*