

## A study of the knowledge and understanding of morning inspection of students at Ban Cherng Talay (Tantiwit) School, Thalang District, Phuket Province.

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### Abstract

The research is quantitative research. The objectives are 1) to study knowledge and understanding from the use of visual media in organizing learning about choosing to eat breakfast of students at Ban Cherng Talay (Tantiwit) School 2) to study changes in behavior in choosing to eat breakfast. From the use of visual media in organizing the learning of students at Ban Cherngtalay (Tantiwit) School, Thalang District, Phuket Province. The target group was 37 Grade 6 students. The results found that students at Ban Cherng Talay (Tantiwit) School had higher knowledge and understanding after studying than before, and there was a change in behavior in choosing to eat breakfast. From using visual media in learning management

It was found that the overall internal factors had a high mean level ( $\bar{X} = 21.88$ ,  $SD = 5.63$ ). When considering each item, it was found that this was due to the interest arising from the use of visual media. It has an effect on students' choice of breakfast. has the highest mean ( $\bar{X} = 3.81$ ,  $SD=0.95$ ), followed by feelings of like or dislike in eating breakfast ( $\bar{X} = 3.72$ ,  $SD= 0.98$ ), and the least is the use of visual media that can change the mood of consumers. in choosing to eat breakfast ( $\bar{X} = 3.48$ ,  $SD= 0.97$ ). As for the overall external factors, the average was at a high level ( $\bar{X} = 22.25$ ,  $SD=6.03$ ). When considering each item, it was found that stores have many accessible channels. easy had the highest mean ( $\bar{X} = 4.17$ ,  $SD=1.04$ ), followed by using visual media instead of motivational messages ( $\bar{X} = 3.96$ ,  $SD=0.87$ ) the least. Using hands to touch food is something that should not be done, with the highest mean. The best ( $\bar{X} = 2.74$ ,  $SD= 1.20$ ) This research can be used to benefit consumers in choosing to consume breakfast and as an option in deciding to eat breakfast.

**Keywords:** Knowledge and understanding about choosing to eat breakfast, Behavior of choosing to eat breakfast, student eating

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