

## **Effects of Recreational Exercises on Children's Anthropometric Parameters and Their Level of Nutrition Knowledge**

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**ABSTRACT** This paper was done with the intent of studying and reviewing the effects of summer schools on children's physical development and their level of knowledge about nutrition. In this study, the target segment was 200 volunteer children in age group of 10 to 12 years. Children's average age was 11. 12 year, average stature was 145.25 cm, average body weight was 44.57 kg, and average body-mass index was 21. Physical fitness and anthropometric evaluations and stature, body weight, vertical jump, anaerobic strength, grip strength, back and lift strength, body and 30 meters tests were implemented. A survey on students was conducted to collect information about student's nutritional habits and effects of their socio-economical situation on their nutritional habits. Besides, the summer schools adversely affect and cause hindrance in physical and mental development. However, the nutrition knowledge and habits should be constantly improved.