

# A Study on the Cognition of Low Carbon Diet and the Attitude and Behavior of Meatfree Monday for the Teachers and Students

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## ABSTRACT

This study investigated cognition of low carbon diet, and attitude and behavior of meatfree Monday for the teachers and students at a junior high school in Nantou County. Statistical analyses including mean, standard deviation, independent sample t test, one-way ANOVA and Pearson correlation analysis were processed with SPSS for window12.0/PC. The results are: 1. Teachers and students have high scores on cognition of low carbon diet. 2. Teachers and students hold positive attitude and behavior towards meatfree Monday. 3. Students' cognition of low carbon diet is affected by their genders and grades. 4. Students of different genders, grades, types of diet and whether their family are vegans will show remarkable correlations in their attitude and behavior towards meatfree Monday. 5. Teachers' cognition of low carbon diet, and attitude and behavior of meatfree Monday don't have any remarkable correlations with their personal variables. 6. There are remarkable correlations among students' cognition of low carbon diet, and attitude and behavior of meatfree Monday. 7. There is no remarkable correlation between teachers' cognition of low carbon diet, and attitude and behavior of meatfree Monday, but there is a remarkable correlation between teacher's attitude and behavior of meatfree Monday.

Keywords : low carbon diet、meatfree Monday、cognition、attitude、behavior、questionnaire

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