

## Effect of Food with Hot and Cold Nature on Students' Learning

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### Abstract:

**Introduction:** Learning is an important mental process, affected by several internal and external factors. Nutrition is one of the factors affecting learning. Therefore, the effect of food with cold and hot nature on students' learning in general English language course was evaluated.

**Methods:** This quasi-experimental study was conducted on 26 normal male students. The participants attended the summer semester, and were divided into two groups, receiving food with hot and cold natures. The students were taught in the same class and by the same English teacher, who was blinded to the research groups. The students passed the 3-unit course of general English language under the same condition. The students' final scores were analyzed by SPSS software, version 11.5.

**Findings:** The two groups were not significantly different with regard to their university, semester, education degree, and high school location at the time of taking university entrance exam ( $p > 0.05$ ). Moreover, the two groups were not significantly different in their entrance exam scores, scores of their primary English course, and the mean number of courses passed ( $p > 0.05$ ). It was demonstrated that although the scores obtained by the students received food with hot nature was higher than those of the group with cold nature food; the difference was not statistically significant ( $p > 0.05$ ).

**Conclusion:** The findings showed that cold and hot nature of food did not affect the students' learning in general English language course. However, it seems that further studies with larger sample sizes should be carried out to obtain more conclusive results.

**Keywords:** Iranian traditional medicine; Nature; Learning; Nutrition.

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