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For Innovative Research And Evaluation**

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A Comparative Study on Food Intake Pattern of Home Science and Arts Faculty Girl Students

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Abstract :

Food is a basic need of human being. Quality food plays an important role on the health of citizens of a country. Healthy citizens have the potential to make their country stronger and smarter. Students play an important role in developing their countries. Student life is a phase where a person acquires the values of hard work for better grades, discipline, punctuality, team work, unity, and more and strives to become a successful and good human being.

Healthy students are better learners and academic achievement bears a lifetime of benefit on their health. students should take care of themselves. They should follow healthy lifestyle.

"The Science and Art dealing with the maintenance of health and the prevention, alleviation, or cure of disease." The present study is done to observe whether the Home Science and Art faculty students are eating healthy food? Is there any difference in their food intake pattern?

Present study is conducted in Gondia district. Structured interview schedule was developed to collect the information from girl students. Total 130 college going students were selected randomly from Home Science and Arts faculty. Where 65 girls were from Home science and 65 were from Arts faculty is taken. Data was collected by personal interview technique, statistical analysis was done by computing frequency and percentage. For knowing difference chi square test is apply.

On the basis of the findings of the study following points of conclusion can be drawn :

- 1) There is no significant difference between Home Science and art faculty file students regarding food intake pattern.
- 2) There is significant difference regarding skipping breakfast, and dinner. Home Science students was significantly better than Arts faculty girl students.
- 3) There is significant difference was found regarding eating sugar coated breakfast and nuts. The statistical

analysis envisaged that the knowledge of Home Science girl students was significantly better than their counter parts Arts faculty girl students regarding this. This difference was found significant.

Key words : Girl, Student, Food, Health, Home Science faculty, Art faculty

----- Introduction

Student life is the happiest and the most crucial period in the life of a person. Student life is a phase where a person acquires the values of hard work for better grades, discipline, punctuality, team work, unity, and more and strive to become a successful and good human being. It is a period of time that shapes an individual and prepares them to phase the upcoming challenges of life with courage and strength. And for that student should take care of them self. They should follow healthy life style. Because our good health helps us all the time and encourages us to do something better in our life.

Healthy students are better learners and academic achievement bears a life time of benefits for health. The relationship between food and health is complex. Everyone needs food to live, but too little food, too much food, or the wrong type of food has negative consequences for health.

Healthy eating is essential for memory, mood, and focus the brain uses more than 20% of our caloric needs. The food we eat gives our bodies the information and materials they need to function properly. If we don't get the right information, our metabolic processes suffer and our health declines.

"The Science and Art dealing with the maintenance of health and the prevention, alleviation, or cure of disease." The present study is done to observe whether the Home Science and Art faculty students are eating healthy food? Is their any difference in their food intake pattern?

Objective :

1. To assess food intake pattern of Home Science girls student.
2. To assess food intake pattern of arts faculty girls student.

3. To assess difference between Home Science and arts faculty girls student food intake pattern

Limitations :

1. Study is limited only Home Science and Arts faculty students
2. Study is limited only girls student
3. Study is limited only food intake pattern.

Hypothesis :

1. There is no difference between Home Science and Art's faculty girls student in food intake pattern.

Research method :

Present study is conducted in Gondia district. Structured interview schedule was developed to collect the information from girl students. Total 130 college going student were selected randomly from Home Science and Arts. Where 65 girls are from Home science and 65 are from Arts faculty is taken. Data was collected by personal interview technique statistical analysis was done by computing frequency and percentage. For knowing difference chi square test is apply.

Research Findings and Discussion :

Table 1 indicates that 100% Home Science faculty girls had interested in health related information and 96.92% arts faculty girls are interested in health related information. The difference was found $\chi^2=0.00; P>0.01$ insignificant. It was observed that 35.38% Home Science girl students are skipping their breakfast, on the other hand 76.92% Arts faculty students are skipping their breakfast. The difference was found $\chi^2=0.17; P>0.01$ insignificant. Present study shows that 64.61% Home Science girl students are skipping their lunch where as 95.38% Arts faculty girl students are skipping their lunch. The statistical analysis envisaged that Home Science girls are significantly better than their counter parts in Art faculty students regarding skipping their lunch. The difference was found $\chi^2=19.2; P<0.01$ significant. Table 1 shows that only 32.30% Home Science girl students are skipping their dinner. On the other hand 98.46% Art faculty students are skipping their dinner. The statistical analysis envisaged that Home Science girls are significantly better than their opponents regarding skipping dinner. The difference was found $\chi^2=61.50; P>0.01$ significant.

Table 1 indicate that 70.76% Home Science girls are eat variant fruits in a week and 66.15% Art faculty student ate variant fruits. Difference was found $\chi^2=0.32; P>0.01$ insignificant. It was observed that 98.46% Home Science girls are ate variant vegetables in a week. On the other hand 90.76% Arts faculty girl students ate variant of

vegetable. Statistical difference was found $\chi^2=0.07; P>0.01$ insignificant. Table shows that 86.15% Home Science girl students are use low fat food and 64.61% Arts faculty students are use low fat food. The statistical difference was found $\chi^2=0.06; P>0.01$ insignificant. It was observed in table 1 that 92.30% Home Science students are ate whole grain in their food. On the other hand it was observed that 90.76% Arts faculty girl students are ate whole grain in their food. The statistical difference was $\chi^2=0.09; P>0.01$ insignificant. Study shows that 64.61% Home Science girls ate pulse daily in their food where as 72.30% Art faculty students are ate pulse daily. The difference was found $\chi^2=1.32; P>0.01$ insignificant.

Table 1 indicates that only 12.30% Home Science students are ate sugar coated breakfast. The statistical analysis envisaged that the Home Science students knowledge of sugar coated breakfast was significantly better than their counter parts in Arts faculty students regarding sugar coated breakfast. The difference was found $\chi^2=15.24; P<0.01$, significant due to knowledge and awareness of the Home Science students

Research has been done on the impact of sugary foods on emotional health in humans, and has suggested that consumption of junk food can negatively impact energy level and emotional well being, present study shows that only 23.7% Home Science girls student and 32.30% Arts faculty students are ate junk food. This difference was found $\chi^2=1.38; P>0.01$ insignificant.

Taking salt from above in food is not good for health it was found that only 24.61% Home Science and 46.15% Art faculty students are taking salt form above in food. The difference was found $\chi^2=5.90; P>0.01$ insignificant.

Roasted, salted nuts are high in sodium which health professionals link to heart disease. In present study it was observed that 48.46% Home Science girls and 35.38% Arts faculty students are ate salty roasted nuts. The difference was found $\chi^2=0.13; P>0.01$ insignificant. Dairy products are an important source of many important nutrients. It was found that 64.61% Home Science girl students and 67.69% Arts faculty girl students are ate dairy products. The difference was found $\chi^2=0.13; P>0.01$ insignificant.

Several studies suggest that eating nuts can boost fat and calorie burning in people who are over

weight or obese. Table 1 indicate that 67.69% Home Science girl students ate nuts daily. On the other hand in Arts faculty only 36.92% girl students ate nuts daily. The statistical analysis envisaged that the knowledge of

Home Science student was significantly better than Art faculty students regarding importance of nuts. The difference was found significant

Table-1 Intake Pattern of Home Science and Art faculty Girl Students.

| Statements | Home Science faculty | | | | Art faculty | | | | Statistical significance χ^2 value at DF= 1 |
|--|----------------------|-------|-----|-------|-------------|-------|-----|-------|--|
| | Yes | | No | | Yes | | No | | |
| | Frq | % | Frq | % | Frq | % | Frq | % | |
| Interested in health related information | 65 | 100 | 00 | 00 | 63 | 96.92 | 03 | 4.61 | 0.00;P>0.01 |
| Skip breakfast | 23 | 35.38 | 42 | 64.61 | 50 | 76.92 | 15 | 23.07 | 0.17;P>0.01 |
| Skip lunch | 42 | 64.61 | 23 | 35.38 | 62 | 95.38 | 03 | 4.61 | 19.2;P<0.01 |
| Skip dinner | 21 | 32.30 | 44 | 67.69 | 64 | 98.46 | 01 | 1.53 | 61.50;P<0.01 |
| Eat variant fruits in a week | 46 | 70.76 | 19 | 29.23 | 43 | 66.15 | 22 | 33.84 | 0.32;P>0.01 |
| Eat variant vegetable in a week | 64 | 98.46 | 01 | 1.53 | 59 | 90.76 | 06 | 9.23 | 0.07;P>0.01 |
| Use low fat food | 56 | 86.15 | 09 | 13.84 | 42 | 64.61 | 23 | 35.38 | 0.06;P>0.01 |
| Eat whole grain | 60 | 92.30 | 05 | 7.69 | 59 | 90.76 | 06 | 9.23 | 0.09;P>0.01 |
| Eat pulse daily | 42 | 64.61 | 23 | 35.38 | 47 | 72.30 | 18 | 27.69 | 1.32;P>0.01 |
| Eat sugar coated breakfast | 08 | 12.30 | 52 | 80 | 30 | 46.15 | 35 | 53.84 | 15.24;P<0.01 |
| Eat junk food | 15 | 23.07 | 50 | 76.92 | 21 | 32.30 | 44 | 67.69 | 1.38;P>0.01 |
| Taking salt from above in food | 16 | 24.61 | 49 | 75.38 | 30 | 46.15 | 35 | 53.84 | 5.90;P>0.01 |
| Eat salty rosted nuts | 25 | 38.46 | 40 | 61.53 | 23 | 35.38 | 42 | 64.61 | 0.13;P>0.01 |
| Drink milk & eat diary products daily | 42 | 64.61 | 23 | 35.38 | 44 | 67.69 | 21 | 32.30 | 0.13;P>0.01 |
| Eat nuts daily | 44 | 67.69 | 21 | 32.30 | 24 | 36.92 | 42 | 64.61 | 13.18;P<0.01 |

Conclusion :

On the basis of the findings of the study following points of conclusion can be drawn

- 1) There is no significant difference between Home Science and art faculty file students regarding food intake pattern.
- 2) There is significant difference regarding skipping breakfast, and dinner. Home Science students was significantly better than Arts faculty girl students.
- 3) There is significant difference was found regarding eating sugar coated breakfast and nuts. The statistical analysis envisaged that the knowledge of Home Science girl students was significantly better than their counter parts Arts faculty girl students regarding this. This difference was found significant.



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Assessment on Eating Habits of College Going Adolescent Girl's

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Abstract

Adolescent health, or youth health, is the range of approaches to prevent, detect or treat young people's health and well being. Adolescence is a nutritionally vulnerable time period. Poor eating habits are formed during adolescence, which can lead to obesity and diet related deceases in later years.

Unhealthy eating habits are seen in adolescent in the United States and many other countries. Collage students are exposed to a variety of new experiences and potential life style changes that may bring changes in eating habits. Hence the present study was conducted to assess the healthy eating habits of adolescents.

Present study is conducted in the Gondia district. Structured interview schedule was developed to collect the information from adolescent girls. Total 200 college going students were selected randomly from Home Science and Arts faculty. Data was collected by personal interview technique. Statistical analysis was done by computing frequency and percentage. Data was show by graph. The present study concluded that adolescents moderately eat healthy food.

Key words

Adolescent, Healthy food, eating habits, college going girls.

Introduction

Adolescence is the phase of life between childhood and adult hood, from ages 10 to 19. It is a unique stage of human development and an important time for laying the foundation of good health

Adolescent health, or youth health, is the range of approaches to prevent, detector treat young people's health and well being.

During this phase adolescents establish patterns of behaviour. For instance, related to diet, physical activity, substance use, and sexual activity that can protect their health and the health of others around them, or put their health at risk now or in the future.

Adolescence is a nutritionally vulnerable time period. Poor eating habits are formed during adolescent that can lead to obesity and diet related diseases in later years.

Unhealthy eating habits are seen in adolescence in the United States and many other countries.

Sound nutrition can play a role in the prevention of several chronic diseases. Collage students are exposed to a verity of new experiences and potential life style changes that may change eating habits. Hence the present study was conducted to assess the healthy eating habits of adolescent girls.

Objective

- 1) To assess the healthy eating habits of adolescent girls.

Hypothesis

Adolescent girls are eating healthy food.

Limitations

- 1) Study is limited only to adolescent girls students.
- 2) Study is limited only to healthy food eating habits.

Research method

Present study is conducted in the Gondia district. Structured interview schedule was developed to collect the information from adolescent girl. Total 200 college going student were selected randomly from Home Science and Arts faculty. Data was collected by personal interview technique statistical analysis was done by computing frequency and percentage. Data was shown by graph.

Research finding and discussion

Major purpose of the study is to assess the healthy eating habits of adolescent girls. For assessment survey has been done and obtained data was show in the table. In present study it was observed that 80.5 % adolescent girls were interested in health related information and only 19.5% girls were not interested in health related information.

Table 1- Table showing the Healthy Eating Habits of Adolescent Girls.

| S.no | Item | Yes | | No | |
|------|---|-----------|------------|-----------|------------|
| | | Frequency | Percentage | Frequency | Percentage |
| 1. | Interested in health related information. | 161 | 80.5 | 39 | 19.5 |
| 2. | Skip breakfast. | 121 | 60.5 | 79 | 39.5 |
| 3. | Skip lunch. | 157 | 78.5 | 43 | 21.5 |
| 4. | Skip dinner. | 139 | 69.5 | 61 | 30.5 |
| 5. | Eat variant fruits in a week. | 128 | 64 | 72 | 36 |
| 6. | Eat variants of vegetable in a week. | 175 | 87.5 | 25 | 12.5 |
| 7. | Use low fat food. | 139 | 69.5 | 61 | 30.5 |
| 8. | Eat whole grain | 171 | 85.5 | 29 | 14.5 |
| 9. | Eat pulse daily. | 122 | 61 | 78 | 39 |
| 10. | Eat suger coated breakfast. | 57 | 28.5 | 143 | 71.5 |
| 11. | Eat junk food. | 58 | 29 | 142 | 71 |
| 12. | Taking salt from above in food. | 67 | 33.5 | 133 | 66.5 |
| 13. | Eat salty rosted nuts. | 76 | 38 | 124 | 62 |
| 14. | Drink milk and eat diary products daily. | 104 | 52 | 96 | 48 |
| 15. | Eat nuts daily. | 93 | 46.5 | 107 | 53.5 |



Breakfast being the first meal of the day is the most important meal. One should not skip breakfast as it helps in breaking your overnight fast. Those who skip breakfast tend to eat more portions of food in the next meal.

According to various studies, missing breakfast regularly can lead to the developing of type 2 diabetes as it may cause chronic insulin resistance. Without having breakfast the insulin levels can drop and then spike after lunch, which might increase the risk of type 2 diabetes. In present study it was observed that 60.5% girls skipped breakfast and 39.5% took regularly.

Skipping meals can also cause your metabolism to slow down, which can cause weight gain or make it harder to lose weight.

"When you skip a meal or go long time without eating, your body goes into survival mode." Says Robinson. This causes your cells and body to crave food which causes you to eat a lot. It was found that 78.5% adolescent girls skipped lunch in week and 21.5% girls took lunch regularly. In present study it was found that 69.5% adolescent girls skipped dinner in a week and 30.5% took dinner regularly.

Fruit is high in important nutrients like vitamins, minerals, fiber and antioxidant. Eat many different types to get the most benefit.

Multiple studies indicate that eating fruit is associated with lower calories intake and many contribute to weight loss overtime. In present study it was observed that 64 % adolescent girls ate variant of fruit in a week where as 36 % girls did not ate variant of fruit.

There are many studies indicating that fruit intake is associated with a lower risk of many serious diseases.

Most studies show health benefits with two to five servings of fruit per day. However, there seems to be no harm in eating more than that. In present study it was observed that 64% adolescent girls ate variant of fruits in a week and 36% girls did not ate variant of fruit.

Research shows that increasing the variant of vegetables in your diet may help reduce your risk of heart disease and even improve your overall quality of life. It was found that 87.5% adolescent girls ate variant of vegetable in a week where as 12.5% girls did not ate variant of vegetable.

The low fat diet benefits everyone, in addition to helping you lose weight by using calories on more filling foods, following a low fat diet can help you ward off serious medical conditions. Including heart disease, high cholesterol, and diabetes.

Table 1 shows that 69.5% adolescent girls used low fat food where as only 30.5% girls did not use low fat food.

A diet rich in whole grains has been shown to reduce the risk of heart disease, type 2 diabetes, obesity, and some forms of cancer.

Present data shows that 85.5% adolescent girls ate whole grain in their diet and only 14.5% girls did not use whole in their diet.

Pulses are low fat, high fibre, no cholesterol, low glycemic index, high protein, high nutrient food. They are excellent food for people managing their diabetes, heart disease or celiac disease.

In present study it was found that 61% adolescent girls eat pulses in their diet daily and only 39% girls didn't had pulses in their diet.

Research has been done on the impact of sugary foods on emotional health in humans, and has suggested that consumption of junk food can negatively impact energy levels and emotional well being.

Table 1 shows that 28.5 % adult girls are eat sugar coated breakfast and 70.5 % girls are not eat sugar coated breakfast. About junk food it was found that 29 % girls eat junk food and 71 % girls did not eat junk food.

Taking salt from above in food is harmful. It was observed that 33.5 % adolescent girls are taking salt from above in food and 66.5 % girls are not taking salt on food.



Dairy products are an important source of calcium, helping to give us strong bones protein, carbohydrate and fat as well as many important vitamins and minerals. Present data shows that 52 % adolescent girls drink milk or milkrelated product daily and 48 % girls didnt ate dairy products daily. Roasted salted nuts are high in sodium, which health professional link to heart disease. Table shows that 38 % girls ate salty nuts and 62 % girls did notate salty nuts.

Nuts have been shown to promote weight loss rather than contribute to weight gain. Several studies indicate that your body doesn't absorb all of the calories in nuts.

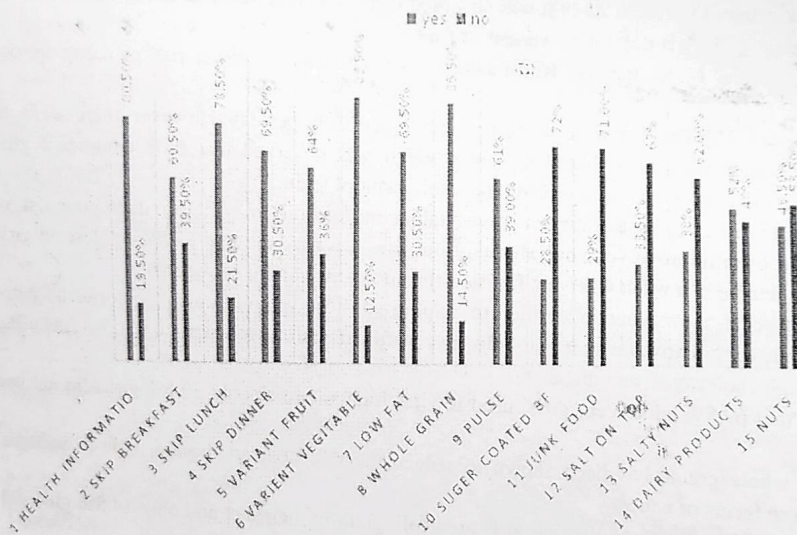
Several studies have shown that blood sugar, blood pressure, and other health markers improve when people with type 2 diabetes and metabolic syndrome include nuts in their diet.

Research suggest that nuts may reduce inflammation, specially in people with diabetes, kidney disease, and other serious health conditions.

Several studies suggest that eating nuts can boost fat and calorie burning in people who are over weight or obese.

Present study table shows that 46.5 % adolescent girls ate nuts daily and 53.5 % adolescent girls did not ate nuts daily.

HEALTHY EATING HABITS IN ADOLECENT GIRLS



Conclusion

The present study concluded that the percentage of Skipping breakfast, lunch and dinner is found high in college going adolescent girls. But the percentage of eating variant fruit, vegetable, low fat, whole grain, pulses and dairy products are high. It was shown in table that the percentage of sugar coated breakfast, junk food, salty nuts and nuts are low. so it is concluded that, adolescents moderately eat healthy food.

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