

Study of Food Habit in Adolescent Group

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Abstract—Food is the necessity of life. It can be defined as anything solid or liquid which when swallowed, digested and assimilated in the body keeps it well. This study, focused mainly on adolescent group which feels hungry all the time. Boys and girls effluent homes tend to take snacks in between meals. This is partly because they do not take adequate food at regular meal time. 24 hours recall methods were used as the mode of study. This method was practiced for three days to obtain the dietary intake of food of the subjects for consecutive days. Total 100 people of adolescent group were selected for this study. According to the questionnaire, data sheet prepared. In our results, we found that most of the boys and girls known about balanced food but they do not follow it. In spite of this, they prefer the junk food.

Introduction:

A diet which contains all the nutrients e.g. energy, proteins, fats, vitamins, minerals etc. required by a child for the proper maintenance of health and optimum growth is termed as a balanced diet. Pulses and beans have high contents of protein and a small amount of fat. Bread is rich in carbohydrates but poor in proteins. It is important that an adolescent diet should be both, good in quality as well as adequate in quantity; it can adversely affect his weight gain and body growth. It is necessary to train adolescent to eat properly at regular intervals, in a relaxed manner. They should have wholesome snacks at regular intervals. These snacks should preferably be made from whole grains, pulses i.e. wheat, puffed rice, ground nuts, sea same seeds. Sweets can be had occasionally.

Adolescent is divided into two subdivisions early and late adolescent. The dividing line between early and late adolescent placed at around 17 years. When they enter into colleges or receiving vocational training of some kind. Awareness of this new and formally recognized status, both at home and in school motivates most adolescent to behave in a mature manner. Adulthood is the final growth phase of the normal life cycle. Growth spurt stops and continues on the adult plateau and then gradually declines during old age. The nutrients are required for the maintenance of health and for providing energy for the physiological and physical activities.

Physical and physiological pressure influences adolescent eating habits. The boy fares better than the girl in that his large appetite and sheer volume of food leads than to consume adequate nutrients but the adolescent girl is less fortunate because.

1. Their physiological sex difference associated with the fat deposits during this and comparatives lack of physical activity, they may gain weight easily.
2. Social pressures and personal tension concerning figure control will cause her to follow unwise, self imposed crash diets for weight loss.
3. Self starvation may result in complex and far reaching eating disorder like

Methodology:

The adolescent group of between the age of 16-25 years was selected as the sample for the present study. The college going girls are mostly belong to middle income group. About 100 colleges going adolescent were selected for survey. Which consist of only boys and girls. The test was taken from the subject. A questionnaire was made together the information by observe to check the food habits of adolescent.

Mode of Study:

Anthropometric measurement:

Anthropometry deals with comparative measurement of the body. Measurement taken for the study is height and weight. Standard used for these measurement are given by National centre for health statistics in 1977. Height and weight are measured.

Collection of data:

The data was collected by interviewing the respondent. The investigator visited each personally and explained the problem. All the aspect in the schedule of questionnaire were asked and noticed down and the respondent was assured that their response would be kept secret.

Analysis of data:

The subject was given the questionnaire in which they had to answer the open ended and close ended question. The dietary intake of three consecutive days recorded in space provided. Then the data was analyzed.

Calculation:

Food taken by each respondent was correct into precise volume and weight. Nutritional value of Indian by B.V. Shastri and S.C. Balasubramaniam.

Classification and Tabulation:

(1)

Age (in years)	Respondent	Percentage (%)
16-18	30	30%
19-22	40	40%
23-25	30	30%
Total	100	100%

(2)

Class	Respondent	Percentage(%)
12 th	18	18%
Undergraduate	39	39%
Postgraduate	23	23%
Professional diploma	20	20%
Total	100	100%

(3) Do you know what about balance diet?

	Respondent	Percentage (%)
Yes	80	80%
No	20	20%
Total	100	100%

(4)

Food habit	Respondent	Percentage (%)
Vegetarian	61	61%
Non vegetarian	14	14%
Both	25	25%
Total	100	100%

(6) Are you dieting?

Dieting	Respondent	Percentage%
Yes	35	35%
No	65	65%
Total	100	100%

7) Do you exercise daily?

Exercise	Respondent	Percentage%
Yes	20	20%
No	80	80%
Total	100	100%

8) What kind of food you prefer?

Type of food	Respondent	Percentage%
Normal	82	82%
Fried	10	10%
Boiled	-	-
Baked	8	8%
Total	100	100%

9) Are you allergic of any food?

Allergy	Respondent	Percentage %
Yes	13	13%
No	87	87%
Total	100	100%

10) Frequency of meals per day?

Frequency of meals	Respondent	Percentage%
2 time	25	25%
3 time	60	60%
4 time	15	15%
Total	100	100%

11) Do you like junk food?

Junk food	Respondent	Percentage%
Yes	85	85%
No	15	15%
Total	100	100%

12) Do you prefer to take milk daily?

Taking of milk	Respondent	Percentage%
Yes	53	53%
No	47	47%
Total	100	100%

13) Do you like soft drink?

Soft drink	Respondent	Percentage
Yes	90	90%
No	10	10%
Total	100	100%

Result and Discussion:

The survey named as Study Of Food Habits And Its Impact On Adolescent Group is carried out and information is obtained from 100 adolescent college going (boys and Girls) from different age groups(16-25years) according this survey 85% adolescent group likes junk food. In this survey 80% of adolescent known about balance diet. The present study indicates that about 90% college going adolescents like soft drink in spite of milk., Present investigation indicates that keeping knowledge about healthy diet, young generation of our country is continuously losing their health in the name of

junk food, cold drinks etc. Therefore, proper nutritional intervention is required in order to make the individuals of the population aware of the importance of balanced diet. In Conclusion we highly recommended that colleges need to ban or restrict soft drink and junk foods in the college campus. While parents have to motivate the adolescent (boys and girls) to keep away from junk food and try to make lunch packets for adolescents.

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