

A Survey on Food and Lifestyle Habits among Children, Adults and Parents in India

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ABSTRACT

The Indian Food and lifestyle habits have been changed tremendously. It is said that some people eat to live and some people live to eat. Industrialization and modernization of food industry has changed our plate; earlier fresh food constituted most of our meals, whereas now it has been replaced with processed foods and other unhealthy foods. Eating behaviour of a person have been found to be affected by several different factors such as availability of time, discipline, self-control, society, price, budget limit, option available etc. This survey was made to learn about food habits along with their lifestyle and food education in people.

Key words: Industrialization, Modernization, fresh foods, availability of time, food education.

INTRODUCTION OF THE STUDY

We are raising the first generation that will have a shorter life expectancy than their parents and grandparents, something that has never happened before in history. We might blame Modernization and Technology for this, but the real perpetrators causing this are the parents, Teachers and general adults in these children's lives. Children's behaviour is substantially affected by the adults in their lives. Obesity in kids is a pandemic that no one seems to be talking about. Efforts to address childhood obesity will not be successful unless we include interventions that influence the healthy eating and physical activity of adults as well as children.

OBJECTIVE

The aim and the objective of this paper is to study the food and lifestyle habits of the parents and students and to spread awareness about food education among the people in the society.

RESEARCH METHOD

This paper has used both primary and secondary data as tools of data collection. Primary data has been collected from the parents and students in India. Secondary data has been collected from various books, e-journals, articles. This paper has quantitative aspect of research through structured survey questionnaire method. A total of 75 respondents participated in this study. Frequency and percentage method is applied to conclude the quantitative findings of the study.

ANALYSIS OF DATA AND INTERPRETATION

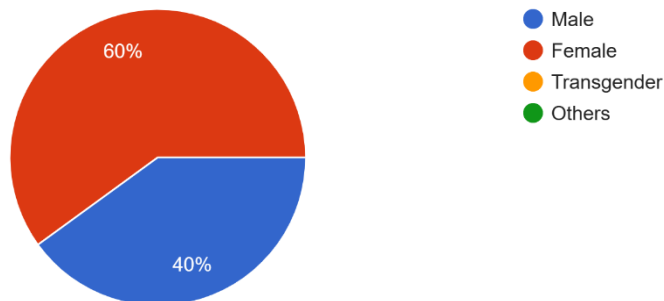
Demographic Detail

Table No. 1

Gender	N=75	Percentage (%)
Male	30	40
Female	45	60

Gender

75 responses



As the table illustrated, 40 percent participants were male, and 60 percent were female participants in the study. The ratio of female is more than male participants.

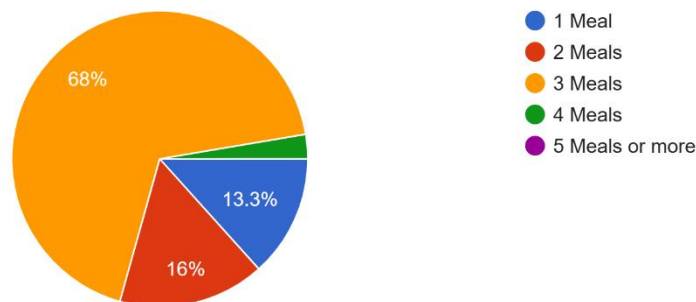
Table No.2

Dietary Habits & Food Frequency

No. of Meals per day	N=75	Percentage (%)
1	10	13.3
2	12	16
3	51	68
4	2	2.7
5	0	0

How many meals do you usually consume daily?

75 responses



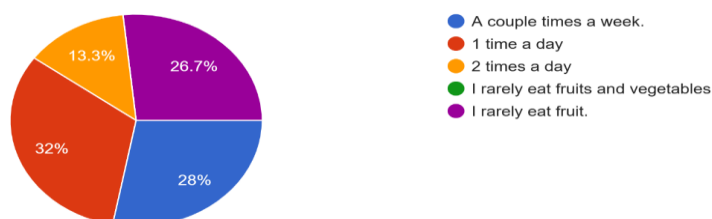
No. of. Times eating fruits and vegetables	N=75	Percentage (%)
I rarely eat fruits and vegetables	20	26.7
A couple (or) few times a week	21	28
1 time per day	24	32
2 times per day	10	13.3

As the table illustrated, 68 percent participants are having 3 meals per day, 16 percent are having 2 meals per day, 13.3 percent are having 1 meal per day, 2.7 percent people are having 4 meals per day and no one has 5 meals or more per day. The ratio of consuming 3 meals per day is more than others.

Table No.3

How many times a day do you eat fruit and vegetables?

75 responses



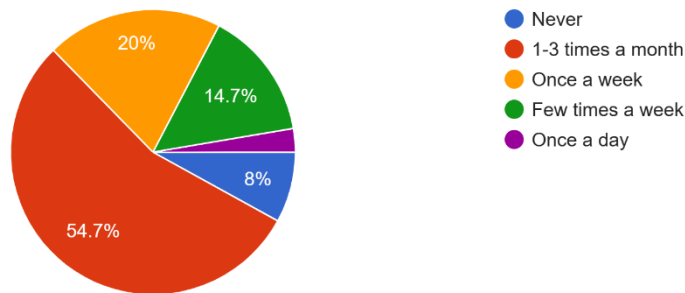
From the above table, 32 percent participants are having only 1-time fruits and vegetables in a day, 28 percent are having a couple or few times a week, 26.7 percent are having rarely fruits and vegetables and 13.3 percent people are having 2 times fruits and vegetables in a day.

Table No.4

How often do you consume fast foods	N=75	Percentage (%)
Never	6	8
1-3 times a month	41	54.7
Once a week	15	20
Few times a week	11	14.7
Once a day	2	2.7

How often do you eat fast foods and fried foods, e.g., potato chips, burgers, pizza, fried rice, French fries?

75 responses



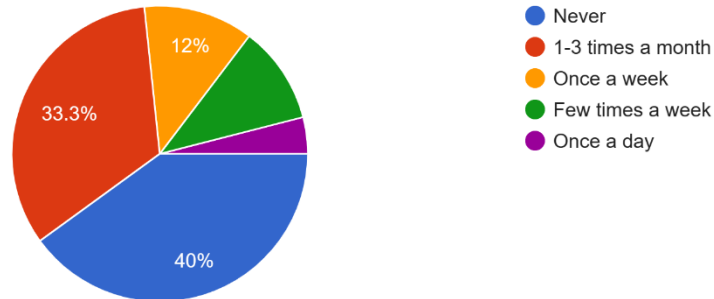
From the above table, 54.7 percent participants are having 1- 3times junk foods in a month, 20 percent are having junk foods once a week, 14.7 percent are having few times a week, 2.7 percent people are having junk foods once a day and only 8 percent of people are not consuming any junk foods.

Table No.5

How often do you consume aerated drinks	N=75	Percentage (%)
Never	30	40
1-3 times a month	25	33.3
Once a week	9	12
Few times a week	8	10.7
Once a day	3	4

How often do you drink aerated drinks, sodas, fruit drinks or sports drinks?

75 responses

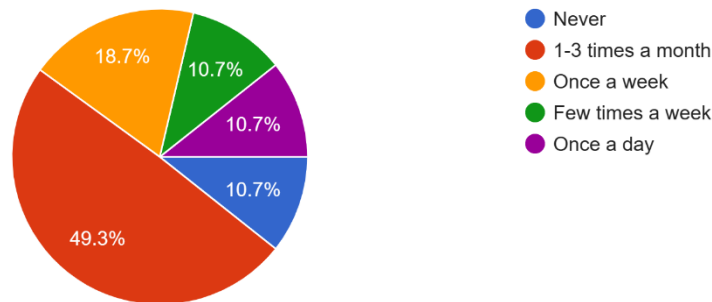


From the table, 33.3 percent participants are having 1- 3times aerated drinks in a month, 12 percent are having once a week, 10 percent are having few times a week, 4 percent people are having aerated drinks once a day and 40 percent of people are not consuming any aerated drinks.

Table No.6

How often do you go to restaurant, café, canteen	N=75	Percentage (%)
Never	8	10.7
1-3 times a month	37	49.3
Once a week	14	18.7
Few times a week	8	10.7
Once a day	8	10.7

How often do you go out to, e.g., a restaurant, café, canteen?
75 responses

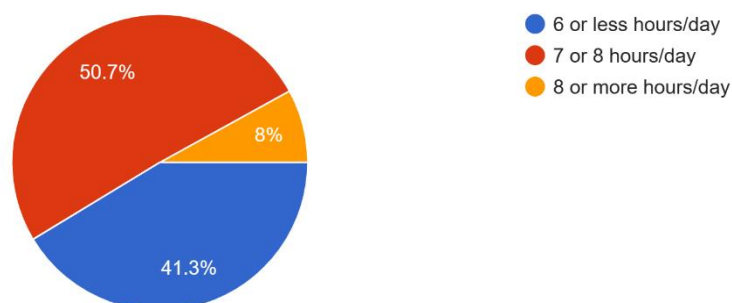


From the table, 49.3 percent participants are going to restaurants 1- 3times a month, 18.7 percent are going once a week, 10.7 percent are going few times a week, 4 percent people are going to restaurants once a day and 10.7 percent of people don't prefer to go to restaurants.

Table No.7

Sleeping duration per day	N=75	Percentage (%)
6 or less hours	31	41.3
7- 8 hours per day	38	50.7
More than 8 hours	6	8

How many hours do you sleep a day?
75 responses



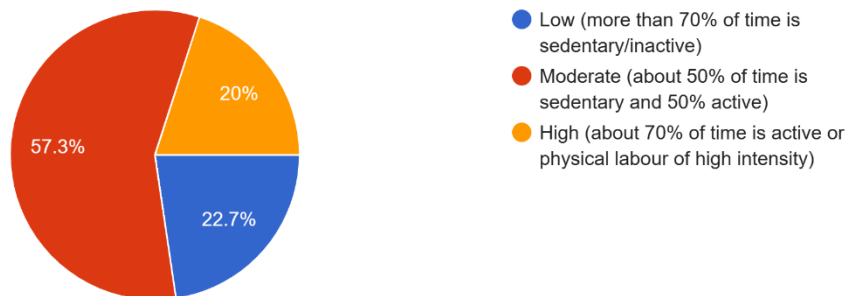
As the table illustrated, 50.7 percent participants are having sleep 6 or less hours per day, 41 percent are having 7-8 hours of sleep and 8 percent of participants have more than 8 hours of sleep per day.

Table No. 8

Physical Activity	N=75	Percentage (%)
Low (Sedentary)	17	22.7
Moderate	43	57.3
High	15	20

How would you describe your physical activity?

75 responses



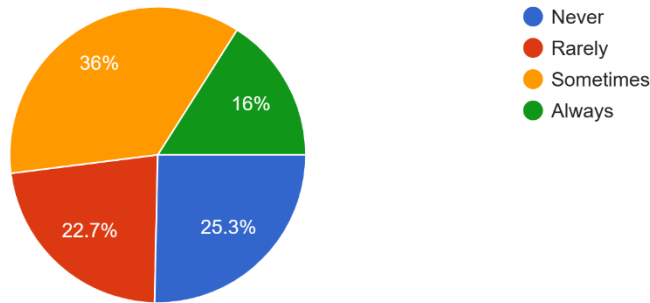
As the table illustrated, 57.3 percent participants did moderate physical activity per day, 22.7 percent participants are mostly inactive and 20 percent of participants does high physical activity in a day.

Table No. 9

Do you read the nutrition label when you buy groceries, milk products etc.,	N=75	Percentage (%)
Never	19	25.3
Rarely	17	22.7
Sometimes	27	36
Always	12	16

Do you read the nutrition label when you buy something?

75 responses



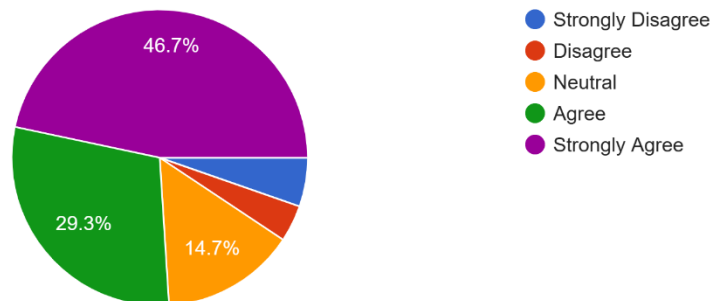
From the table illustrated, 36 percent participants sometimes read the nutrition label, 22.7 percent of the participants rarely read the nutrition label, 25.3 percent people never read the nutrition label and 16 percent of participants always read the label when they buy groceries, milk products, bread etc.,

Table No.10

Other better alternatives for synthetic drinks	N=75	Percentage (%)
Strongly Disagree	4	5.3
Disagree	3	4
Neutral	11	14.7
Agree	22	29.3
Strongly Agree	35	46.7

Do you consider beverages like buttermilk, lassi, fruit juices, and coconut water are better options for beverages than synthetic drinks?

75 responses



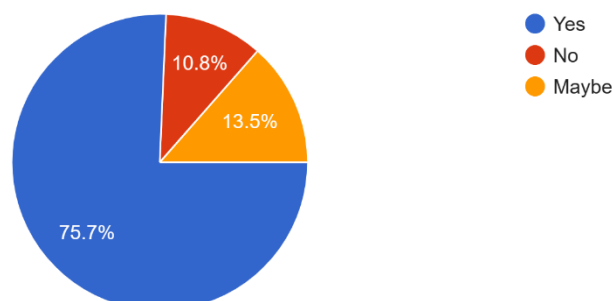
From the table illustrated, 46.7 percent participants strongly agree the better options instead of synthetic drinks, 29.3 percent of the participants agree for the alternatives, 14.7 percent people are having neutral decision, 4 percent of participants disagree with these alternatives and 5.3 percent participants strongly disagrees for the alternatives for synthetic drinks.

Table No. 11

Replacement of rice, Maida with millets	N=75	Percentage (%)
Yes	56	75.7
No	8	10.8
May be	10	13.5

Do you know that Rice/wheat/Maida can be replaced with millets for making idly, dosa, roti, upma, cookies, sweets and even cake etc.?

74 responses



From the table, 75.7 percent of the participants knows that millets can be replaced with rice, maida, wheat for cooking. 13.5 percent of the participants are in neutral and 10.8 percent of the participants aren't aware of the replacement of millets with their traditional way of cooking with rice, wheat, maida etc.,

Findings & Conclusion

- The findings of the study shows that only 13.3 percent people are having 2 times fruits and vegetables in a day, 54.7 percent participants are having 1- 3 times junk foods in a month, 33.3 percent participants are having 1- 3times aerated drinks in a month, 49.3 percent participants are going to restaurants 1- 3 times a month, 50.7 percent participants are having sleep 6 or less hours per day, 57.3 percent participants did moderate physical activity per day, nearly 25.3 percent people never read the nutrition label.
- Nearly 46.7 percent participants strongly agree the better options instead of synthetic drinks, 75.7 percent of the participants knows that millets can be replaced with rice, maida, wheat for cooking.
- I would like to conclude that, at present most people are really negligence on what they are consuming in a day-to-day life and what they are giving to their children. The quality of lifestyle is so integral to our happiness and better health that improving it even a little makes a remarkable difference in our life.
- Instead of blaming children and others, try to do adopt a healthy lifestyle and watch your children inherit it. I have this as an obligation to everyone who is reading this survey.

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