

VIDYASAGAR UNIVERSITY

A Project Work

On

A Comparison study on Nutritional and Health Status between Boys and Girls College Students

This project work is submitted for the partial fulfillment for the award of degree of B.Sc. (Hons) from Vidyasagar University



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This is to certify that Mr. /Miss. Amrita Jana
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study of dietary habits and nutritional awareness
Boys and girls college student
for the course B.Sc. subject Nutrition
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He /She has submitted the dissertation / project on

Prasir J
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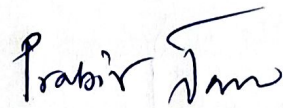
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TO WHOM IT MAY CONCERN

This is to certify that **AMRITA JANA**(Roll:1125129; No.: 220154; Regn. No.: **VU221291015** of Session: 2022-2023) a student of B.Sc.5th sem, Dept. of Nutrition, under Vidyasagar University, PaschimMedinipur, has completed her project work under my guidance on the topics '**A Survey Study of Dietary Habits and Nutritional Awareness of College Male and Female Student**' for the partial fulfillment for the award of degree of B.Sc. from Vidyasagar University.

I am satisfied for her performance. She is energetic and up to date in her work;
I wish success in her life.

Date: 13/07/2024



(Mr. Prabir Jana)

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ABSTRACT

This study investigates the dietary habits and nutritional awareness of college male and female students. The primary aim is to assess differences in eating behaviors, food choices, and knowledge of nutrition between genders. A structured survey was conducted among students from various academic disciplines. The questionnaire included sections on daily food consumption, meal frequency, snacking habits, fast food intake, water consumption, and awareness of balanced diets. Data were collected from a sample of 500 students, with an equal representation of males and females.

Findings indicate that females generally exhibit healthier eating habits compared to males. They consume more fruits, vegetables, and whole grains while limiting fast food and sugary beverages. In contrast, males show a higher preference for protein-rich foods and fast food. Breakfast consumption is more consistent among females, whereas many males tend to skip breakfast. Water intake is higher among females, with a significant portion of males not meeting daily hydration requirements.

Nutritional awareness levels were assessed through questions about essential nutrients, calorie intake, and the impact of diet on health. Female students demonstrated greater awareness and concern for nutrition, often reading food labels and making conscious dietary choices. Males, however, showed lower interest in nutritional information and were more influenced by taste and convenience when selecting food.

Social and environmental factors significantly influence dietary habits. Peer influence, campus food availability, and lifestyle choices play key roles in shaping students' eating behaviors. Many students rely on processed and convenience foods due to busy schedules and academic pressures. Lack of time for meal preparation leads to frequent fast-food consumption, especially among males.

Keywords: college student, male and female, foodchoice, eating habits.

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Plate 1: Different activities during survey of Boys and Girls College Students