

Vidyasagar University



A Project report
On
“The impact of social media on
Modern Eating Behaviors Changes in Teenagers”



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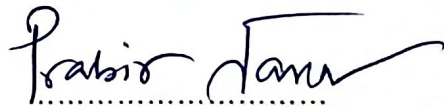
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TO WHOM IT MAY CONCERN

This is to certify that **Sucharita Karan** (Roll1125129; No.:220182; Regn. No.:VU221291219 of Session: 2022-2023) a student of B.Sc.5th Semester, Dept. of Nutrition, under Vidyasagar University, PaschimMedinipur, has completed her project work under my guidance on the topics "**The impact of social media on Modern Eating Behaviours changes in teenagers**" 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: 13/03/2023



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ABSTRACT

The rise of social media has significantly reshaped eating behaviours among teenagers, influencing their dietary choices and attitudes toward food. Platforms such as Instagram, TikTok, and YouTube have become central to the promotion of food trends, dietary fats, and body image ideals. While these platforms can encourage healthier eating habits through influencers promoting balanced diets and fitness lifestyles, they have also been associated with the increase in disordered eating behaviours, unhealthy food practices, and body dissatisfaction. This paper examines the dual impact of social media on teenagers' eating behaviours, focusing on the role of peer influence, online food culture, and the psychological effects of social media exposure. It discusses how social media promotes both positive (e.g., healthy eating) and negative (e.g., dieting pressure, unhealthy body image) trends and highlights the importance of media literacy in mitigating adverse effects. Understanding the complex relationship between social media and eating behaviours is crucial in fostering healthier food habits in adolescents.

Keywords: social media, Eating Behaviours, Teenagers, Body Image, Health Trends, Disordered Eating, Food Culture, Peer Influence, Media Literacy

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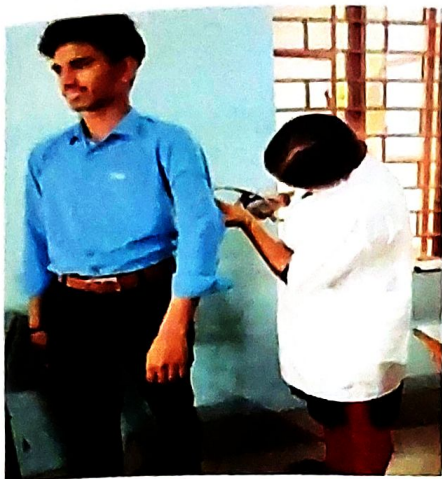


PLATE: Different activities during survey of teen boys of Bhagwanpur-02 block area.



PLATE: Different activities during survey of teen girls of Bhagwanpur-02 block area .