

"To study of Nutritional status and lifestyle of college student"

Dissertation for the Degree of Master of Science

Foods and Nutrition

By

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Abstract: In India we believe in imparting good values and habits from a very early age. Many carry forward these values and habits throughout their life and impart the same to future generations. The responsibility of imparting these values and habits is of parents and guardians of our society. The aim of this study was to assess nutrition related knowledge level among college students. This was a cross sectional descriptive study with a sample size of 60. The samples were selected purposively on the basis of inclusion and exclusion criteria. A pretested semi structured questionnaire was used to collect data. 60 students were given dietary nutrition questions and checked their awareness about nutrition. After the nutrition question check, the results show that many college students' eating habits are closely related to their health problems and the outlook for student nutritional statuses appears good. And if the food frequency questionnaire is correct, it can be assumed that students have good knowledge about food. Some students are overweight and obese, and some are underweight.

Keywords: habits, college, student, nutrition, food