

STUDY REGARDING THE PRINCIPLES OF A PROPER NUTRITION WITHIN THE CONSUMPTION BEHAVIOR OF YOUNG PEOPLE

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Abstract: *The growing level of industrial processing degree of foodstuffs, with direct influence on their product range, represents an important factor that draws attention to the established link between food and health status of the body. This paper conducts a study that concerns healthy nutrition within the consumption behavior of a group of subjects, by survey method, applying the questionnaire as a tool for investigation.*

Key words: *nutrition, consumption behavior, survey, questionnaire*

INTRODUCTION

Nutrition influences the development of human body, providing the energy and fundamental substances conducting metabolic processes and growth in general. Food represents at the same time, the controller of exchange processes between human body and environment. [2,5]

The imbalance between food intake and nutritional needs causes profound changes, especially since the human body is much requested and exposed to stress factors. The insufficiency of feed ration regarding basic nutritive substances causes negative influences on human's health and activity. [1, 3, 6]

Human nutrition must be designed to meet the following three conditions:

- *To ensure a proper growth and development of the organism.* In this regard, it is important the nutrition in early years of life in order to prevent an inadequate physical development or the development of obesity.
- *To provide a physical and intellectual activity.* Insufficient or improper nutrition decreases the physical efficiency and the intellectual one.
- *To ensure a good health condition.* There must be considered not only the consequences of high nutritional imbalances (obesity, malnutrition) but also the minor ones (ex: irritable bowel syndrome), often regarded as not being in a clear relationship with the nutrition way. [1, 4, 6]

The laws of good eating habits are closely connected with the quantity and quality of food, with a balanced ratio between the nutrient substances from their composition and, of course, the adequacy of these issues with weight, physiological status and activity type of people. [5, 8]

MATERIALS AND METHODS

Achieving a food pyramid is based on the laws of a proper nutrition (quantity law, quality law, the law of balance and appropriateness law). The principles of food pyramid are based on the consumption of fruits, vegetables and whole grains, the reducing of saturated fat intake and limitation of sweets and salt quantity, moderate consumption of alcoholic beverages, respectively the control of total number of calories and including physical activity within the daily routine. [5, 6]

The present paper conducts a study on how one is taking into account about the laws of a good eating habits in food consumption behavior of a group of subjects aged between 14-18 years, and 18-25 years. For this purpose there was developed and administered a questionnaire to consumers who share the same type of activity (pupils, students) [7]. The sample was studied in a number of 200 subjects (100 pupils and 100 students). By comparing the obtained results by questioning the 200 subjects the aim was to highlight the importance of a healthy and balanced nutrition.

RESEARCH RESULTS

To the question "Which of the options you consider to be the main meals per day?", 35% of students take the three main meals, respectively only 25% among pupils (Figure 1).

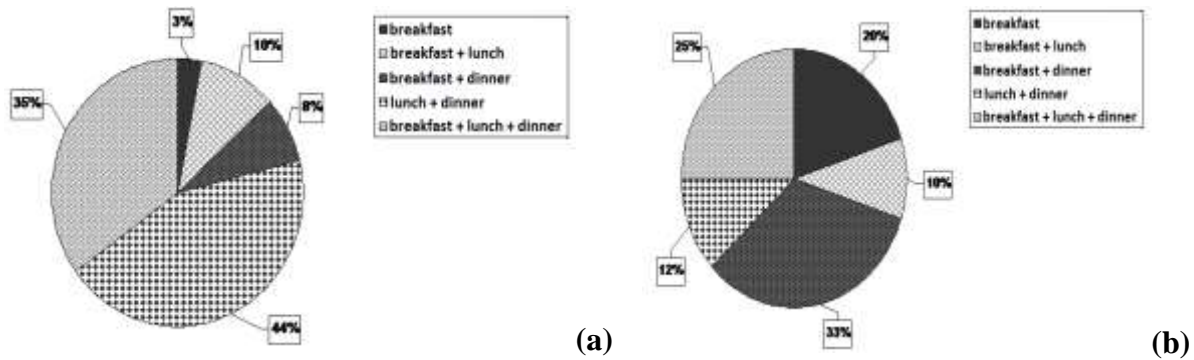


Figure 1. Frequency of main meals of the day: a. - students; b. – pupils

To the question "How often do you eat fruits and vegetables?", 37% of students subjects, 18% of pupils subjects consume daily (Figure 2).

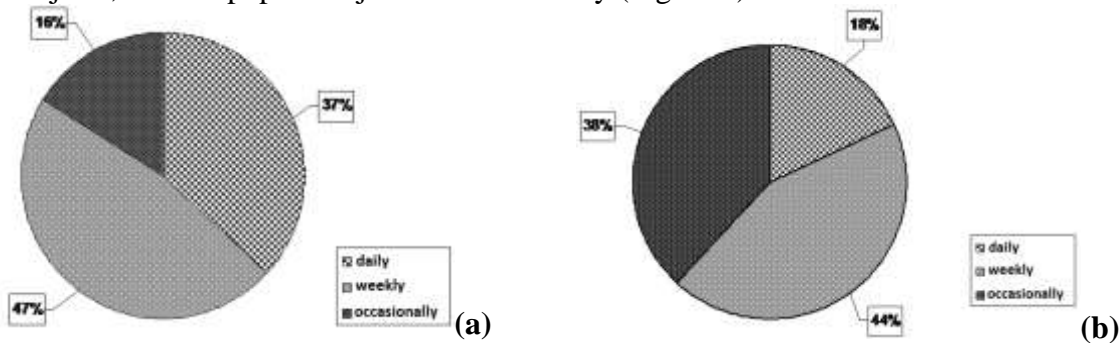


Figure 2. Frequency of fruits and vegetables consumption: a. - students; b. - pupils

To the question "How often do you eat milk or dairy products?", 53% of students subjects and 37% of pupils subjects consume daily (Figure 3).

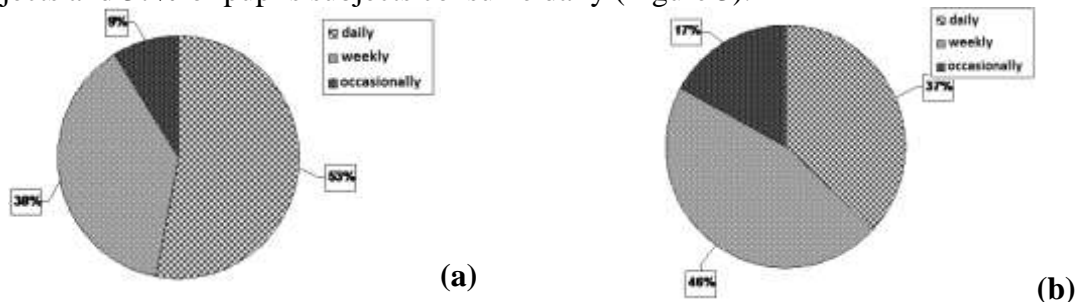


Figure 3. Frequency of milk and dairy products consumption: a. - students; b. – pupils

To the question "What sort of bread do you eat more often?", 74% of students subjects and 83% of pupils subjects consume white bread (Figure 4).

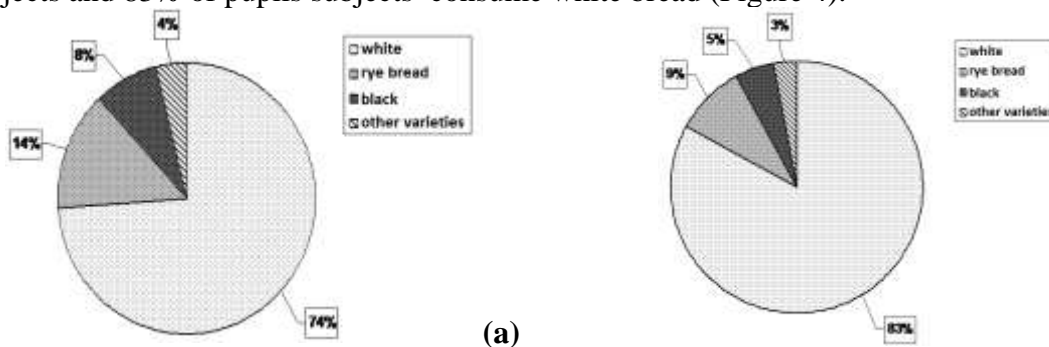


Figure 4. The main varieties of bread consumed by the subjects (a. - students; b. - pupils)

To the question "How often do you eat sweets?", 45% of the subjects consume daily and 44% weekly (Figure 5).

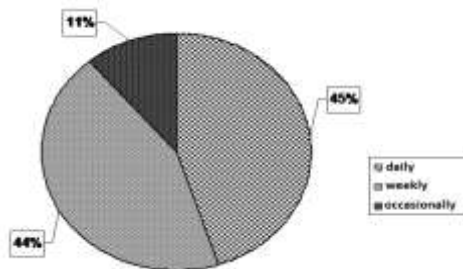


Figure 5. Frequency of sweets consumption

To the question "How often do you eat at fast food in a month?", 12% of students subjects and 52% of pupils subjects attend these units of public catering daily and 64%, respectively 6% of 2-3 times per month (Figure 6).

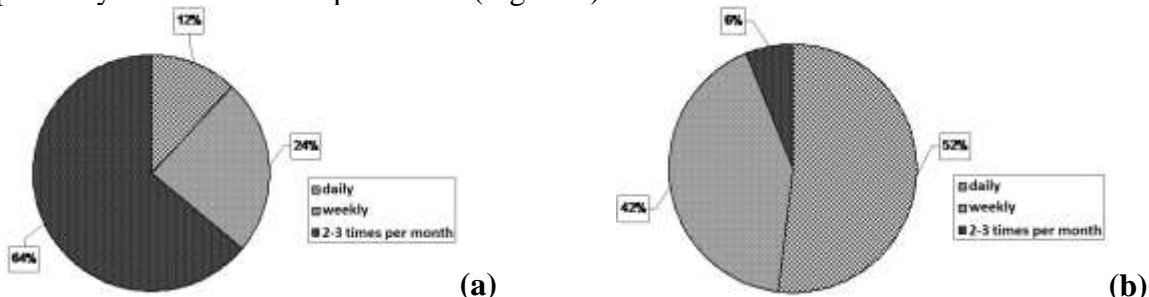


Figure 6. Consumption frequency of Fast Food preparations (a. - students; b. - pupils)

To the question "How often do you drink carbonated drinks?", 10% of subjects consume occasionally and 42% consume daily (Figure 7).

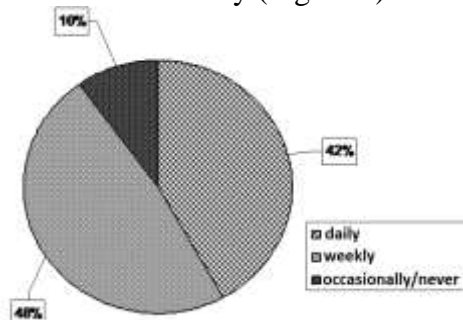


Figure 7. Frequency of carbonated drinks consumption

To the question "Do you think that your life is influenced by your diet?", 81% of students subjects respond affirmative, of which over 70% are considering a healthy diet. Regarding the pupils subjects 58% respond yes, but do not focus on a healthy diet (Fig. 8).

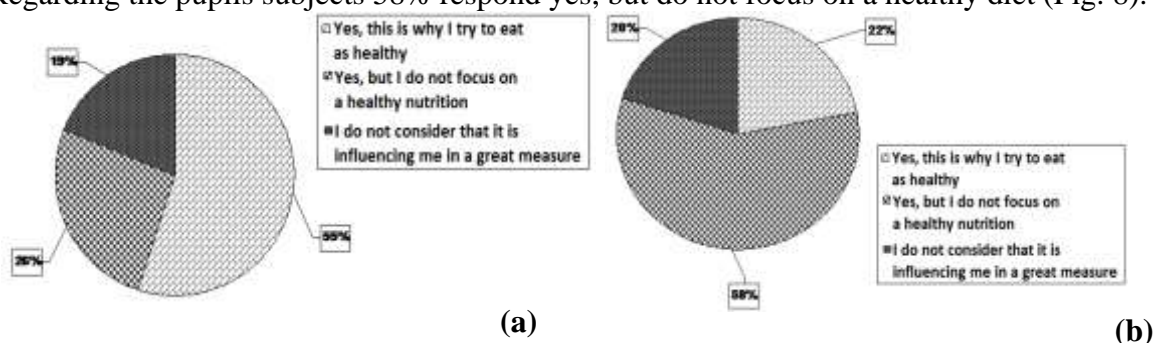


Figure 8. The influence of nutrition for the categories of subjects (a. - students; b. - pupils)

CONCLUSIONS

By centralizing the data obtained through the questionnaire, there can be drawn the following conclusions:

- 35% of students and only 25% of pupils take the three main meals (breakfast, lunch and dinner);
- Over 30% of students and under 20% of pupils eat fruit and vegetables;
- Over 50% of students consume dairy products and over 70% use white bread;
- Over 30% of pupils consume dairy products and over 80% use white bread;
- Over 40% of total subjects consume sweets and carbonated drinks daily;
- Pupils subjects eat fast food daily (52%) more than students subjects (12%).

Over 50% of pupils consider as real the influence of a healthy nutrition, but do not focus on this aspect.

There is a certain maturity in the consumption behavior of students towards pupils. This fact may be due to different management of information aiming nutrition in general, and the principles of a good eating habits and especially healthy.

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