Republic of Yemen

Sana'a University

Graduated Studies

& Scientific Research

Faculty of Agriculture

Evaluation of Food Consumption Pattern and Nutritional Awareness, among Students of Sana'a University

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Abstract–

The goal of this study was to evaluate food consumption, dietary habits and food awareness, which can play a positive or negative role in the university student's health. University student tend to have poor eating habits that influenced in many factors. This survey had done to evaluate the status of food consumption and dietary habits and awareness among students of Sana'a University-Yemen. The results showed that about 748 of students, aged from 18-27years participated in the survey and answered the questionnaire. Firstly, with socio-demographic characteristics than food consumption frequency and dietary awareness. The randomly selected students were from six colleges (Media, Art, Education, Agriculture, Medicine and Pharmacy), from first semester and end semester. The examined students were answered the survey by helping the researcher. The Body Mass Index (BMI) results showed that about 67.91% of students have normal weight, 23.13% were underweight while 7.07% overweight and 1.87% were obese. Socio-demographic showed that students aged from 18-27years about 50.40% were male while 49.60% female, most of students were Single 88.10%, only 11.90% were married. The study also showed that highest students family income were between (51,000-100,000YR) per month in percentage 29.81%.The students reported their fathers education and the highest fathers education witch can able to read and write 22.9%, while the highest percent of mothers education was for who did not have education 39.79%. Eating habits reported meals irregular eating about 45% of students have eating three meals daily and only 31% eating the breakfast regularly. Pattern consumption reported that the highest consume of cereal products was the bread in percent 38% and rice 36% /day, respectively. The highest meat and its exchange consumed by students was about 49% for eggs more than three times/week, while the meat exchange such as legumes was eating in about more than twice per week. The results also showed the regular eating of the vegetable specially the fresh about 66% of students had eating the vegetable daily. The fruits have irregular eating in about 49% of students ate fruit more twice per week, almost 43% of students reported eating snacks between the main meals from

more three times per week. About 39 % of the students reported that no social media effect in their food choices. The dietary awareness reported that about 57.75% of students have moderate awareness, 28.34% of students with high dietary awareness and about 13.90% of students have low dietary awareness. There is a need for increasing the students' dietary awareness and concern better in their food choices, which reflect in their weight and health. There was no significant p> 0.05 between students' awareness and their (college, level of studying, specializing, gender and level of the parents' education) also was no significant p> 0.05 between BMI and socio-demographic students' data. There was no significant p> 0.05 and dietary food pattern.