



**THE STUDY ON THE EATING HABITS AMONG
UiTM (SAMARAHAN CAMPUS) DIPLOMA STUDENTS**

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ABSTRACT

Healthy eating habits among university students are not in a good condition especially nowadays. This is maybe because people now are living in the sedentary lives compared to the life of people in the old days. Healthy eating habits among the students are measured by their diet, the food intake, their meals, their eating patterns, the reasons of their unhealthy eating habits and their perception towards those foods. This study examined how the students eating habits and lifestyles may affect their health and their performance either in their study or extra co-curricular activities. Majority of the students complaining about the quality and the taste of the foods provided in the campus especially the dining hall and they prefer eating unhealthy foods (junk foods and fast foods) although these foods are quite expensive and most students are supported by the PTPTN, a loan that is given to them in a very huge amount. About half of the students did not take their regular meals at frequent interval and skipping at least one meal per day. The students should be exposed to more information about healthy eating habits and the UiTM Management should pay attention to this problem as this may affect the students performance in academic field as almost half of the respondent gets average CGPA that is only between 2.50 – 2.99.

CHAPTER ONE

INTRODUCTION

1.1 INTRODUCTION OF THE STUDY

First of all, we would like to mention out the topic that we have done and carried out for the purpose of this study. The topic is on the eating habits among UiTM students which are focused and emphasized to only Diploma students who are staying inside the campus.

As a human being, eating is part of our lives. Each of us needs to eat to increase our energy for doing and living our daily and routine lifestyles. By eating, it is completed ourselves and we absolutely cannot lead a normal life without taking our meals. Therefore, each day we need to eat like what we have always done since we are a baby. So, what do we understand about “eat”? “Eat” as all of us have already known, is to put food in our mouth, chew it and then swallow it. Meanwhile, “eating” is the act of eating something.

However, eating can be in two different types for each of us. The first one is the healthy eating and the second one is unhealthy eating. These two types of eating are depending very much on a person’s attitudes and perceptions towards their own eating lifestyles. It is a person’s right to choose his or her own way how to manage and leads his or her own eating lifestyles but, sometimes, peoples are not always concern about their own health and their eating lifestyles may have

CHAPTER TWO

LITERATURE REVIEW

2.0 LITERATURE REVIEW

2.1 Good Health

"Good health is being fit and well. This can be achieved by exercise and healthy eating. However, many young people study or work at a desk. They use the car and lift to get to places. With busy schedules, they have little time for exercise. For some, the only exercise they do is with their fingers, on the computer or on mobile phones. It is imperative that young people incorporate some exercise regime in their daily life, like walking, games or even housework. Body weight is a good indicator of good health. BMI (Body Mass Index) gives an idea on whether a person is underweight, healthy, overweight or obese. On healthy eating, the importance of regular meals that is breakfast, lunch and dinner was emphasized. If young people make time for a healthy breakfast which can include whole-meal bread, cereals and a beverage, they can start the day charged with energy. For a healthy diet, a well-balanced meal, in moderation, from a wide variety of food, was encouraged. Other than that, Malaysian also loves eating out. Because of our multiethnic population, we have numerous food choices. However eating out can be unhealthy, as quite often the food is too oily,