

EATING HABITS AMONG UiTM JENGA STUDENTS

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TABLE OF CONTENTS

	Page
ACKNOWLEDGEMENT	ii
TABLE OF CONTENTS	iii
LIST OF TABLES	iv
LIST OF FIGURES	v
CHAPTER 1	
INTRODUCTION	1
Background Study	1-2
Problem Statement	3-4
Research Objectives	5
Research Questions	5
Significance of the Study	5-6
Limitations of the Study	6
Definition of Terms	7
CHAPTER 2	
LITERATURE REVIEW	8
Demographic	8
Health Conscious	9-10
Economy	10-11
Family's Background and Education	11-12
Conceptual Framework	13
CHAPTER 3	
METHODOLOGY	14
Research Design	14
Sampling Frame	15
Population	15
Sampling Technique	15
Sample Size	16
Unit of Analysis	16
Data Collection Procedures	17
Instrument	17
Validity of Instrument	18
Proposed Analysis of Data	18
Plan of Data Analysis	19
Reliability of Variable	19

CHAPTER 4	
DATA FINDINGS	20
Demographic	21-23
Health Conscious Factors	24-25
Economy Factors.....	26-27
Family’s Background and Education.....	28-29
CHAPTER 5	
CONCLUSION, IMPLICATION AND RECOMMENDATION.....	30
Research Objectives	30
Conclusion and Implication	31-32
Recommendation.....	33-34
REFERENCES.....	35-37
APPENDICES	

CHAPTER ONE

INTRODUCTION

Background of the Study

Food is a major component for survival to man or animal. It is necessary that we eat a healthy and balance diet to lead a healthy life style (Spears, 2011). Nowadays, people across the global have different eating habits. Moreover, there are some factors that contributed to the eating habits. For examples money, health conscious, family's background and education are factors that contributed to the eating habits.

“Malaysia needed more dieticians to promote healthy eating habits among the society”, Health Minister Datuk Seri Liow Tiong Lai said, (Bernama, 2010). In his speech, he also said that “in our hospitals, the current ratio is approximately one dietician to 115 beds, but the ratio for the more developed countries is one dietician to 50 beds”. This phenomenon indicated that Malaysia needed more dieticians in order to promote healthy lifestyle. As we know, Malaysia is one of the developing countries, and we are changing rapidly, where people tend to choose any food and beverages without considering the ingredients, due to time constraints (Kok, 2011).

Same goes to the campus life. Most campus students always missed their breakfast and they preferred to have lunch instead. These are some of the issues that we looked into, as the reason why most campus students skip their breakfast. There are some factors that contributed to the eating habits among universities students.