

# **ARMY INSTITUTE OF EDUCATION**

Plot M-1, Pocket P-5, Sec. CHI, Greater NOIDA

(Affiliated to GGSIP University, New Delhi)

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## **RESEARCH AND DEVELOPMENT CLUB ACTIVITY**

### **SURVEY ON**

### **AWA'RENESS ON BODY MASS INDEX AND FOOD HABITS OF STUDENT TEACHERS**

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An adequate and well balanced diet combined with regular physical activity is a symbol of good health. Poor nutrition leads to poor physical health and thus leads to poor mental health because a sound mind will be there in a sound body only. Many reasons like rapid urbanization, increased usage of processed food and changing life style affected our food habits that resulted in either underweight or overweight and many life style diseases.

Teachers are the guides and facilitators of a balanced, future oriented, sustainable development of each and every child. As values are caught rather than taught, a healthy life style of a teacher will of course influence the life style of a student positively. With this intention Research and development club of AIE conducted a survey on the food habits of student teachers.

#### **Objectives of the Study**

The following objectives were formulated for the study

1. To find the category wise body mass index of total population
2. To find the food habit of student teachers based on
  - 2.1 Frequency of food intake
  - 2.2 Intake of good break fast
  - 2.3 Experiencing time of hunger
  - 2.4 Type of food preference as meat, vegetables and fruit
  - 2.5 Preferred meal time

## Methodology

For the present study a survey questionnaire that is suggested by WHO is circulated through google forms to all student teachers of both the batches.

## Major Findings based on Objectives

### Objective 1

Body Mass Index of respondents.

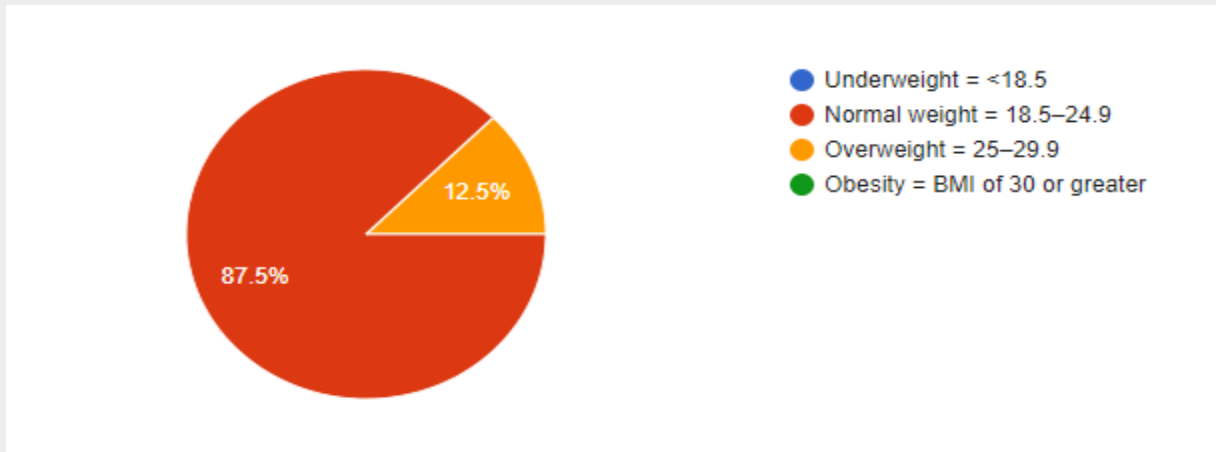


Figure 1 BMI Level of Student Teachers

100 % of student teachers know about their body mass index and from the figure 1 87.5 % is having a normal weight and 12.5 only shows over weight.

### Objective 2

2.1 Frequency of food intake

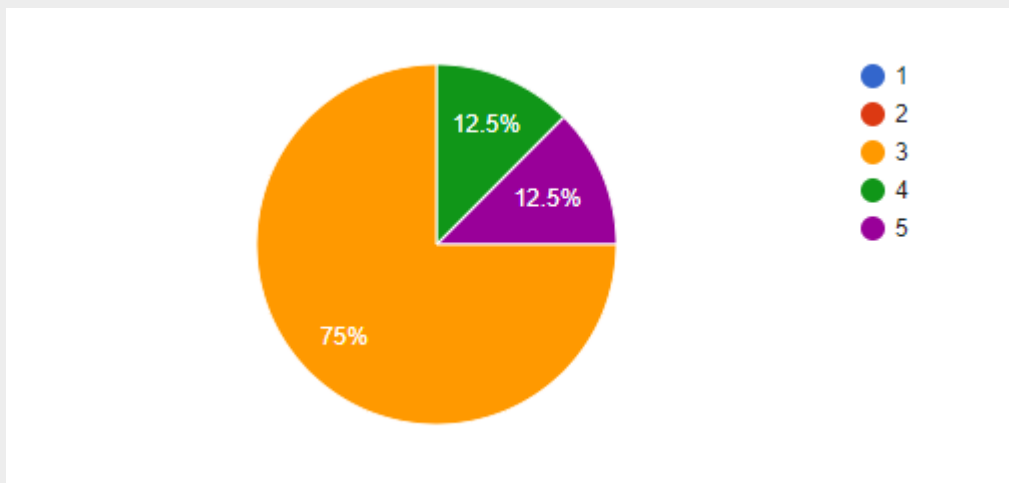


Figure 2 frequency of food intake

From figure 2 it is evident that 75 % take food three times in a day, 12.5 percentage take 4 times and another 12.5 takes five times.

## Objective 2

### 2.2 Intake of good breakfast

Eating a good breakfast.

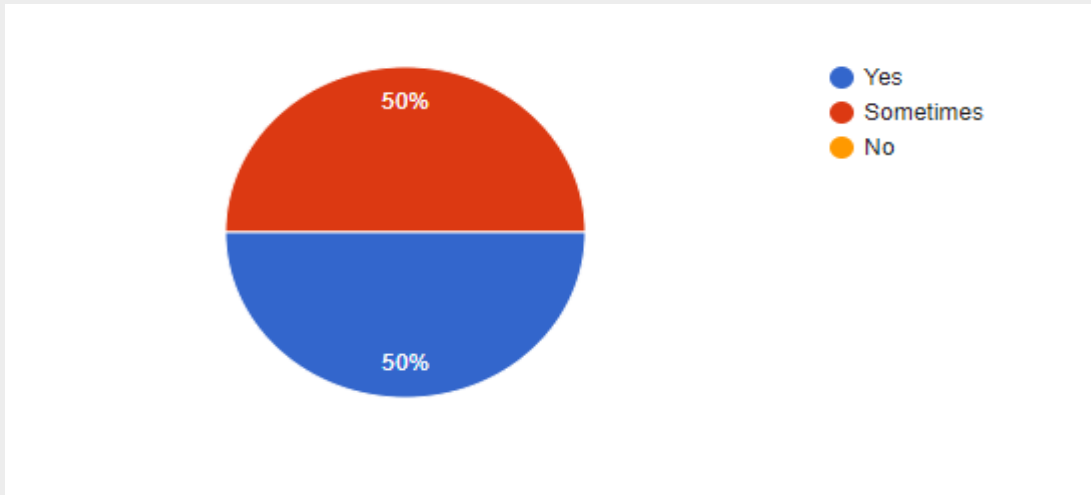


Figure 3 Breakfast

Figure 3 shows that 50 % takes good breakfast and another 50 % miss their breakfast.

## Objective 2

### 2.3 Experiencing time of hunger

Experiencing hunger during daytime

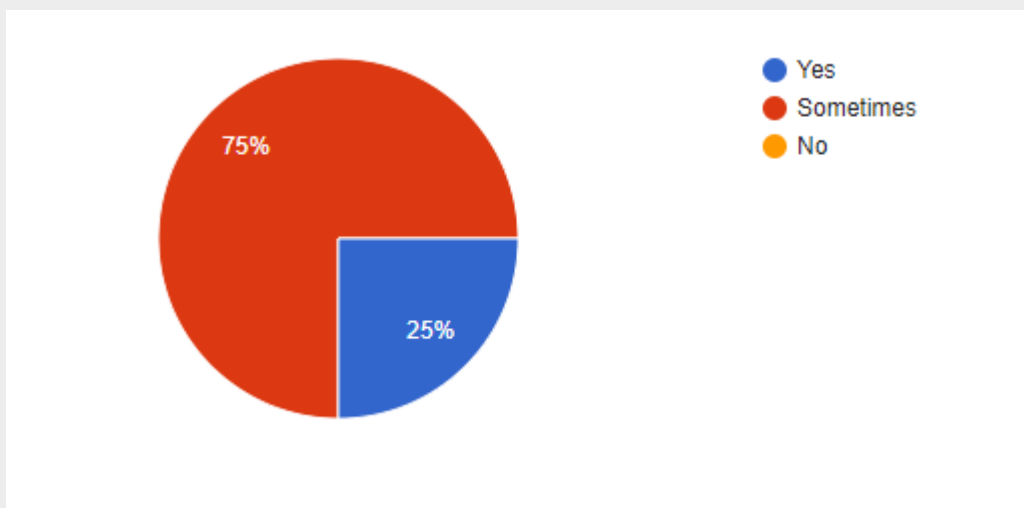


Figure 4 Hunger timing

This figure shows a warning signal that only 25% feel hungry during daytime and 75 % feels sometimes only.

Objective 2

2.4.1 Preferred Food : meat

Eating Meat

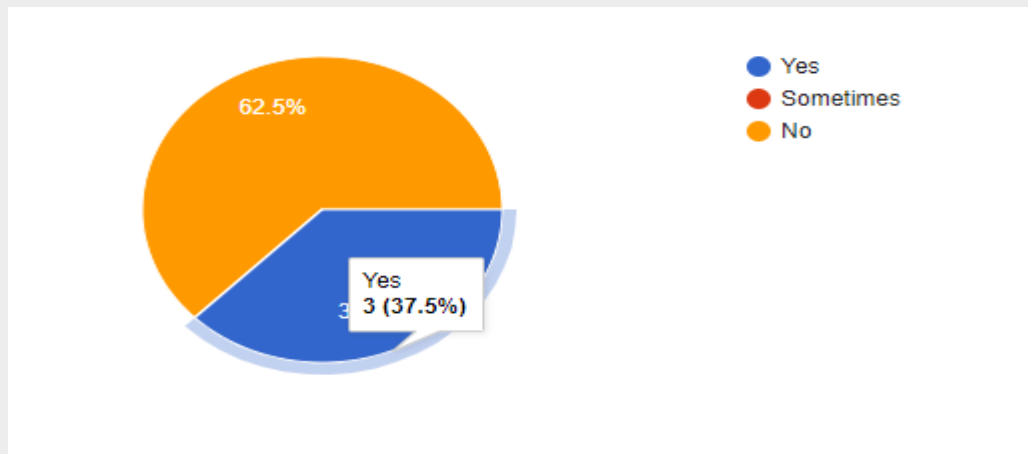


Figure 5 Types of food-meat

62 % of student Teachers do not take meat and 37.5 % take meat.

Objective 2

2.4.2. Preferred Food :vegetables

Eating Vegetables

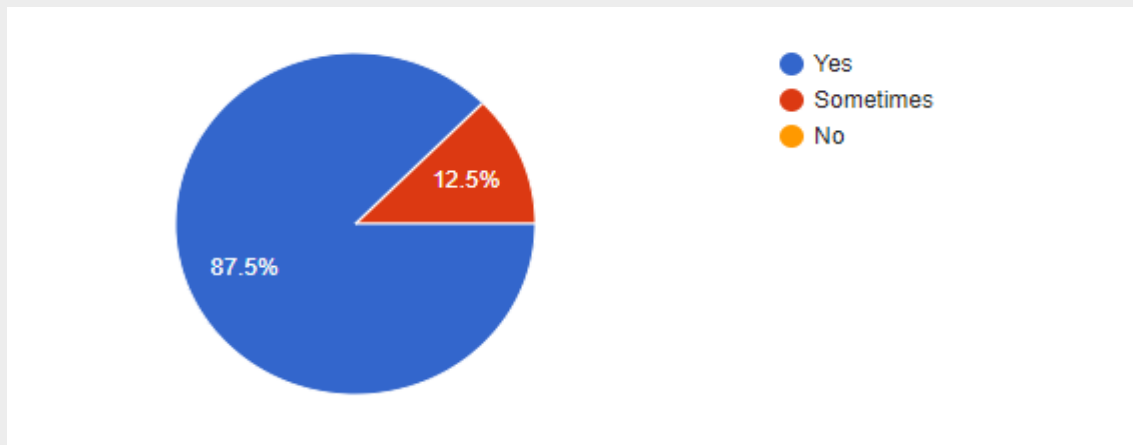


Figure 6 Types of food - Vegetables

As a positive health signal 87.5 % take vegetable and 12.5 % take vegetable sometimes only.

Objective 2

2.4.3 Preferred Food : Fruits

## Eating Fruits

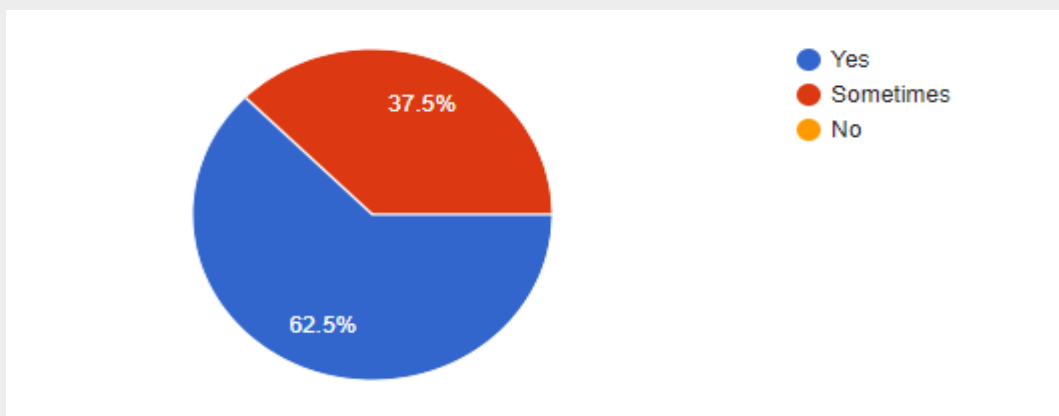


Figure 7 Type of food – Fruits

## Objective 2

### 2.5 Preferred Meal Time

Figure 8 shows that 62.5 % use fruit in their menu and 37.5 uses sometimes only. Main meal

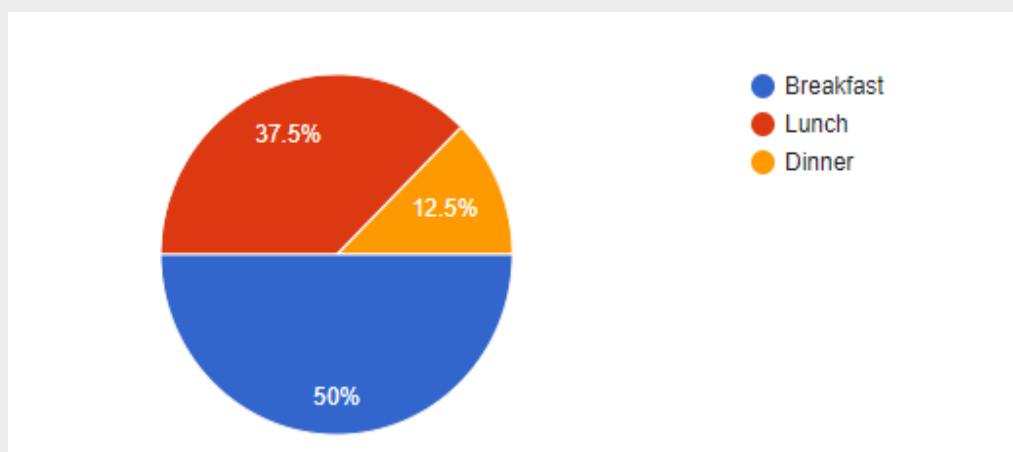


Figure 8 main meal

From the total respondents 50 % consider breakfast as the main meal, 37.5 % considers lunch and 12.5 % consider dinner as the main meal

## Conclusions

The level of Body Mass index index and preferred type of food shows that majority of student teachers follow a healthy food habit. But many are skipping their breakfast and later that may lead to health problems.