

DOES KNOWLEDGE INFLUENCES OUR DIET?

DIETARY HABITS OF ADOLESCENTS ENROLLED IN GENERAL PROFILE AND CATERING SCHOOL PROGRAMME

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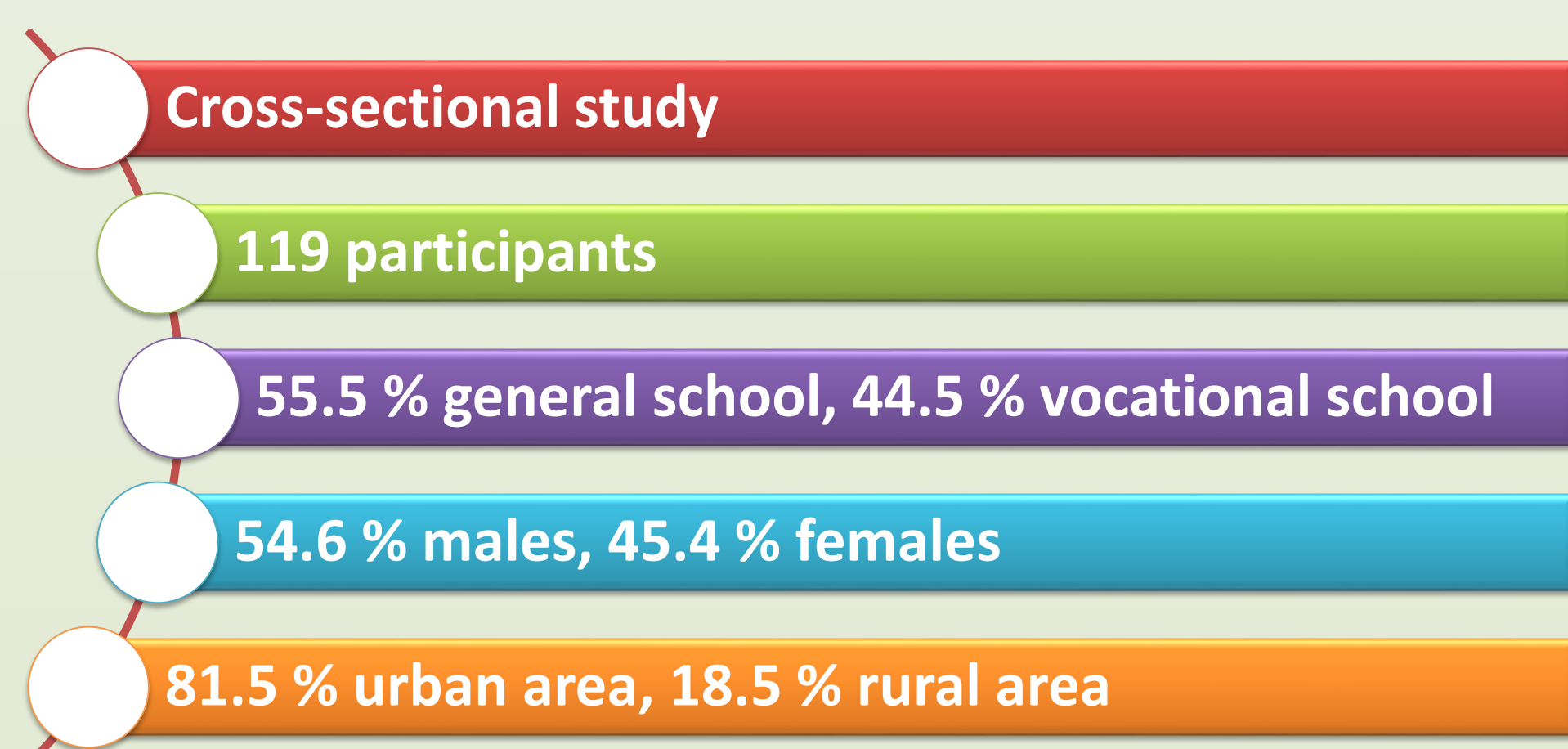
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Background and Objective:

During adolescence lifestyle is formed, including dietary habits, which mainly remain unchanged throughout the life. Dietary habits and physical activity influence one's health status. The goal of this study was to examine and compare dietary habits in the population of high school teens enrolled in general secondary school and catering school.

Subjects and Study design:



Results:

Number of those eating 2-3 meals and those eating 3-5 meals daily is similar and in average is 45 %. Just half of the participants consumes recommended number of meals. Exception are participants from the rural areas 72.7 % of which has 3-5 meals daily in comparison with participants from the towns (37.1 %) (Fig 1). Only 25 % of participants are regular in breakfasting, and the difference is significant if the participants from the different schools are compared. 34 % of the participants enrolled in a vocational high school program takes breakfast regularly, compared to only 18.2 % of those enrolled in the general high school program (Fig 2). Basic insight into dietary habits of the study group achieved through the short food frequency questionnaire which encompassed selected food groups indicated significant differences only in few cases (Table 1).

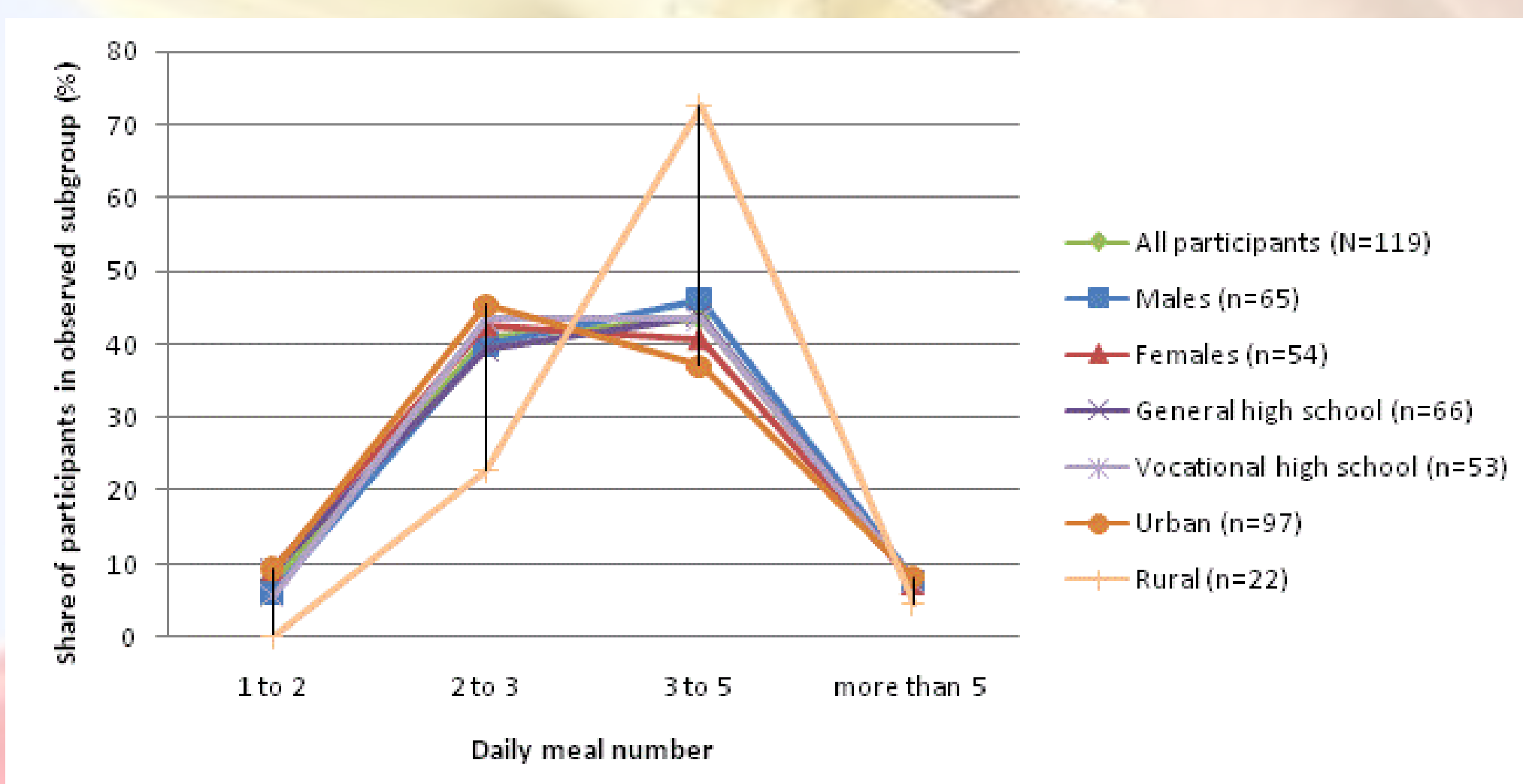


Figure 1 Average daily meal number in studied population

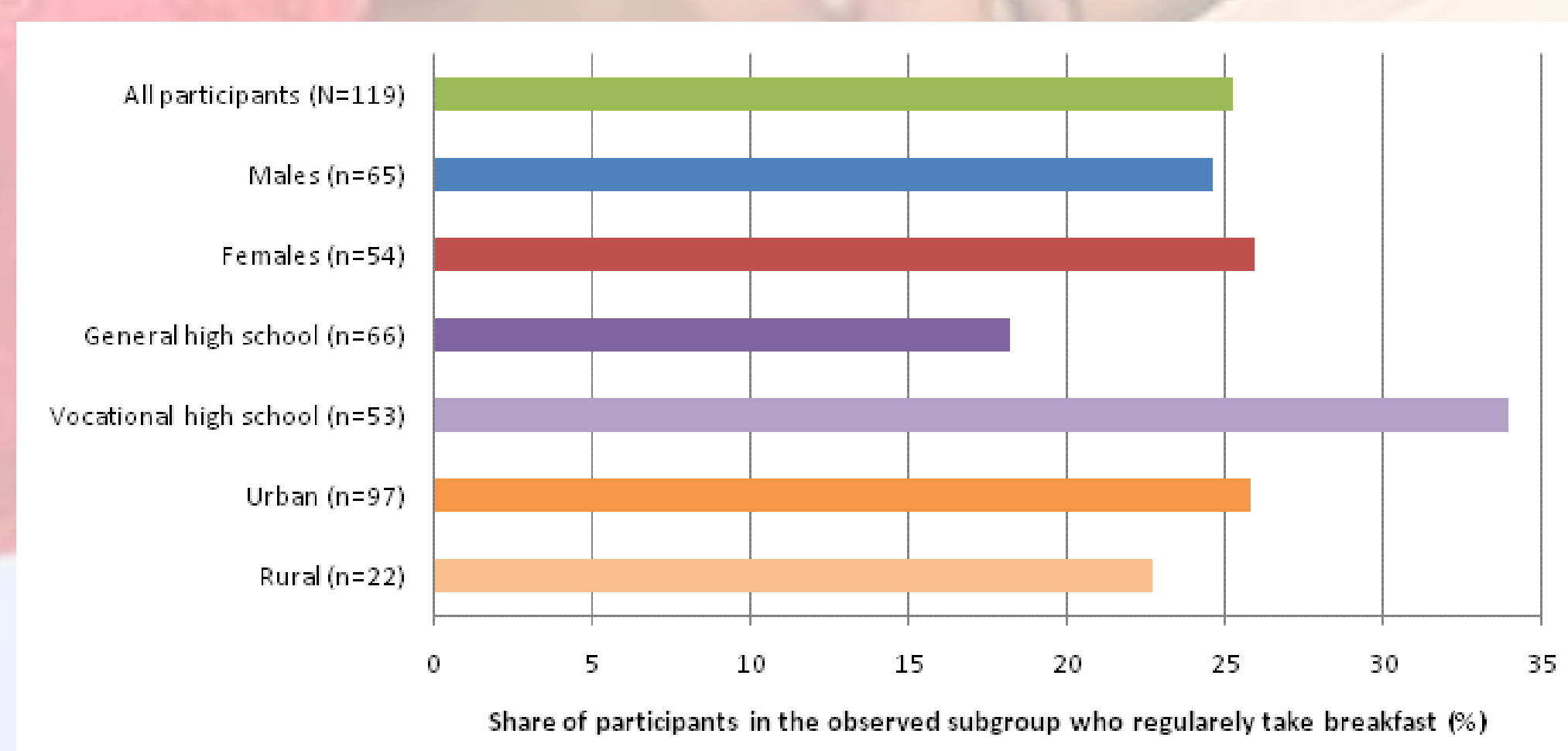


Figure 2 Habit of regular breakfast consumption

	Frequency distributions of responses to selected foods (by percent)								SD
	once a day	2x per day	3x per day	>3x per day	once a week	2-3x per week	once a month	never	
Fish	5.9	0.8	0	0	41.2	13.4	34.5	4.2	L
Meat	30.3	13.4	4.2	2.5	12.6	35.3	0.8	0.8	-
Fruit	22.7	31.1	14.3	16.8	5.0	9.2	0.8	0	-
Vegetables	39.5	23.5	6.7	10.9	6.7	10.1	0.8	1.7	S
Bread	13.4	21.8	34.5	25.2	1.7	0.8	0.8	1.7	-
Fizzy drinks	16.0	10.9	2.5	2.5	21.8	11.8	16.0	18.5	S,G
Sweets and cakes	32.8	17.6	7.6	14.3	11.8	10.1	1.7	4.2	-
Eggs	30.3	4.2	1.7	2.5	33.6	26.1	1.7	0	-
Milk/dairy products	35.3	24.4	6.7	13.4	9.2	7.6	1.7	1.7	S
Coffee	22.7	11.8	3.4	1.7	2.5	8.4	11.8	37.8	S
Alcohol	2.5	1.7	0	0.8	14.3	10.9	22.7	47.1	G

SD=significant difference obtained by t-test of differences, p<0.05; S=school, G=gender, L=living area

Table 1 Consumption frequency of selected foods in studied adolescent population, all participants

Conclusions:

Altogether, results of this study indicate the need to improve dietary habits in adolescents. This can be achieved through the education of this sensitive group and various promotive activities which will promote healthy lifestyle, and as a part of it, a healthy diet.