

# Level of Food Preferences among College Students of Central Mindanao University

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**Abstract:** *The purpose of this study is to evaluate food preferences. The focus groups were held with 3rd year BSHM college students at Central Mindanao University to better understand how respondents perceive their food preferences and identify the factors that influence their food choices. The objectives were achieved through questionnaire for accurate and legitimate results, also utilized Pearson Correlational for statistical analysis. Socio-demographic profile in terms of sex, age, religion, and allowance/income per week was included in the questionnaire. Supporting data shows respondents' sex, female was 74 and male were 26, mostly are 21 years old based on the results showed. While the distribution of respondents by religion and allowance; majority of the respondents are Roman Catholic and had a weekly allowance or income of 751-1000 php. The relationship of the respondents' socio demographic and level of food preference in terms of cultural, personal and psychological factor has a huge impact in classifying the college student's food preference, as there is a significant relationship between them. However, there is no significant relationship between socio demographic profile and the social factor.*

**Keywords:** Food Preferences, College Students, Central Mindanao University, and Bachelor of Science in Hospitality Management

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