

Knowledge of Food Chemistry among Students: A Survey Study

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Abstract: *Health of college students has become an important concern in present era. Irregular and unhealthy eating habits are the reason for ill health of students. Food chemistry provides a basic knowledge to the students which help them to understand the composition and nutritional value of food. This survey was conducted through a structured questionnaire to assess the level of knowledge of food chemistry among college students. One hundred and twenty students of under graduate and post graduate classes of arts, commerce and science stream participated in this survey. The survey questionnaire designed to assess their knowledge about awareness of food chemistry concepts, cooking and nutritional knowledge, food additives & preservatives awareness and food packet label reading behaviour. The survey data were analysed using frequency distribution, percentage analysis, and graphical representation. Chi-Square test was performed to determine the association between stream and knowledge of food chemistry. The findings indicate that science students had a higher level of awareness then compare to non-science students and the difference is statistically significant.*

Keywords: Food Chemistry, Unhealthy Eating, Survey, Nutritional knowledge

