



# Survey On Food Preferences Of School Going Student From Treditional To New Food Customs

Veronika Pawar

MBA TT 1<sup>st</sup> Sem

Tourism and travel

Sharnbasva University, Kalaburagi

Savita murale

Assistant professor

Dept of Tourism and Travel

Sharnbasva University, Kalaburagi

## ABSTRACT

This term paper explores the changing food preferences of school-going students, with a focus on the shift from traditional food customs to new and contemporary food habits. With globalization, urbanization, and exposure to modern media, students' food choices have evolved significantly over time. The survey conducted in this study highlights the factors that influence these changing preferences, including socio-economic status, cultural shifts, and access to modern foods.

The findings offer valuable insights into how these evolving food trends are shaping the health and dietary habits of young indivi

## Introduction

Food preferences among school-going students have drastically shifted from traditional meals to contemporary food habits. With the increasing influence of global food culture, exposure to fast foods, and convenience-driven choices, students today are consuming more processed, packaged, and ready-to-eat foods. This paper aims to survey these food preferences and compare the traditional foods with modern eating patterns. The study will analyze how these changes reflect societal influences, health impacts, and the role of modern food marketing.

Food preferences play a significant role in the

daily lives and health of school-going students. Traditionally, children consumed home-cooked meals, often centered around locally available ingredients that reflected cultural customs and regional culinary practices. These meals were typically balanced, nutritious, and based on time- tested recipes handed down through generations. However, over the past few decades, rapid changes in societal norms, technology, and globalization have introduced new food habits that differ from traditional customs.

With the rise of urbanization, commercialization, and global media influence, school-going students are increasingly exposed to a wide variety of food choices that deviate from their traditional eating habits. The growing prevalence of fast food chains, packaged snacks, sugary beverages, and convenience foods has shifted the dietary landscape for many young individuals. These modern food options, while convenient, are often less nutritious and more processed, leading to growing concerns over the long-term health implications such as obesity, diabetes, and poor nutrition.

This survey aims to examine the shift in food

preferences among school-going students,

focusing on how these young individuals' food choices have moved away from traditional, home-cooked meals to more modern and often unhealthy food options. By exploring the factors influencing these changing preferences—such as lifestyle, access to global food products, advertising, and peer pressure—this research seeks to understand the cultural and health implications of these shifts. Furthermore, this study intends to highlight the potential consequences on students' physical well-being and offer recommendations for promoting balanced diets that integrate both traditional and contemporary eating habits.

### Problems

- **Health Concerns:** Increasing consumption of fast foods, sugary snacks, and processed foods has raised concerns about the nutritional balance in the diets of students.
- **Loss of Traditional Foods:** As modern food customs rise, traditional meals are being replaced or forgotten, leading to a decline in cultural food heritage.
- **Lack of Awareness:** Students may not always be aware of the nutritional value or the health risks of modern food choices.
- **Cultural Shift:** The influence of global media, advertisements, and peer pressure is leading to a shift from locally available and traditional food to international fast food chains

### Objectives

1. To investigate the food preferences of school-going students in different regions.
2. To compare the shift from traditional food customs to modern food habits.
3. To analyze the factors influencing these food preferences.
4. To assess the impact of fast foods, packaged foods, and convenience foods on the students' health.
5. To identify regional and cultural differences in food preferences among school-going students.

### Limitations

1. **Sample Size:** Limited to a specific region, the sample may not be fully representative of the entire population.
2. **Subjectivity in Responses:** Students may not accurately recall or report their eating habits, especially with respect to fast food consumption.
3. **Changing Trends:** Food preferences may evolve rapidly, and the study findings may become outdated shortly after the survey is conducted.
4. **External Factors:** Peer influence, family socio-economic status, and advertising could skew the data, making it hard to generalize the findings.

## Methodology

1. **Survey Design:** A structured questionnaire will be developed to assess students' food preferences, including their frequency of consuming traditional foods versus modern foods like fast food and snacks.
2. **Sample Population:** A random sample of students aged 10-18 years from various schools will be surveyed.
3. **Data Collection:** Surveys will be distributed both physically and online, depending on the convenience of the students.
4. **Statistical Tools:** Data will be analyzed using statistical software to calculate frequencies, percentages, and correlations between age, region, and food preferences.
5. **Interviews:** Interviews with school health officers and dietitians will complement the survey data to offer professional insights.

## Statistics Used

- **Descriptive Statistics:** Frequency distribution, mean, and percentages will be used to analyze the data.
- **Cross-Tabulation:** To compare food preferences across different demographic groups.
- **Chi-Square Test:** To test relationships between cultural influences and food preferences.
- **Correlation Analysis:** To examine the relationship between socio-economic status and the consumption of fast foods versus traditional foods.

## Findings

1. **Food Preferences:** The survey reveals a significant preference for fast food, junk food, and convenience foods among school-going students. Traditional meals such as home-cooked rice, lentils, and regional snacks are becoming less popular.
2. **Health Impacts:** Increased consumption of processed and sugary foods is linked to rising concerns about obesity, diabetes, and other health issues among school-going children.
3. **Cultural Influence:** Students in urban areas show a higher preference for international fast foods, whereas those in rural areas tend to stick to traditional and home-cooked meals.
4. **Parental Influence:** Parental attitudes and socio-economic factors play a significant role in shaping students' food preferences. Affluent students are more likely to consume fast food regularly.

## Conclusions

- Traditional food customs are gradually being replaced by new, modern food preferences, driven by convenience, availability, and exposure to global food trends.
- While modern foods offer quick and easy options for busy families, they come with health risks such as poor nutrition and increased calorie intake.
- The shift in food preferences reflects a broader cultural shift in society, where fast-paced lifestyles and global exposure increasingly shape eating habits.
- There is a need for education on balanced diets and the importance of traditional foods in maintaining health.

## Recommendations

- Educational Campaigns:** Schools should implement nutrition education programs that emphasize the importance of traditional foods and healthy eating.
- Parental Guidance:** Parents should be educated on the health risks associated with overconsumption of fast foods and encouraged to prepare more home-cooked meals.
- Incorporation of Traditional Foods:** Schools should consider introducing traditional food options in their cafeterias to maintain cultural food heritage.
- Collaboration with Food Industry:** Governments and health organizations should collaborate with the food industry to promote healthier food options for young people.

## References

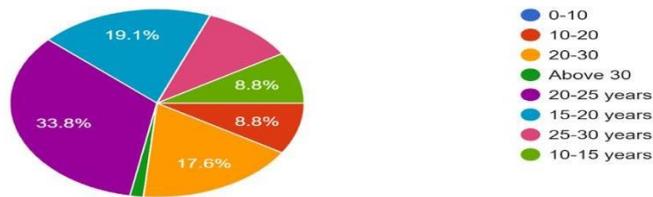
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**Table no. 1. Age of the respondents**

Option	No. of respondents	Percentage
0-10 years	0	0
10-20 years	8	8%
20-30 years	17	17%
Above 30 years	8	8%
20-25 years	33	33%
15-20 years	19	19%
25-30 years	0	0
10-15 years	0	0
<b>Total</b>	<b>68</b>	<b>68%</b>

**Graph no. 21**

1. Age ?  
68 responses

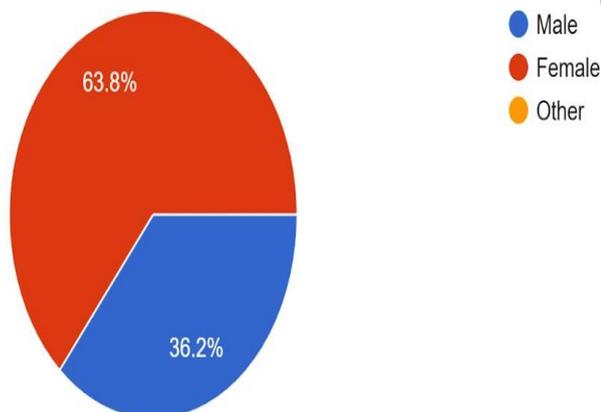


**Table no. 2. Gender of the respondents**

Option	No. of respondents	Percentage
Male	36	36%
Female	63	63%
<b>Total</b>	<b>69</b>	<b>69%</b>

**Graph no. 2.**

2. Gender ?  
69 responses

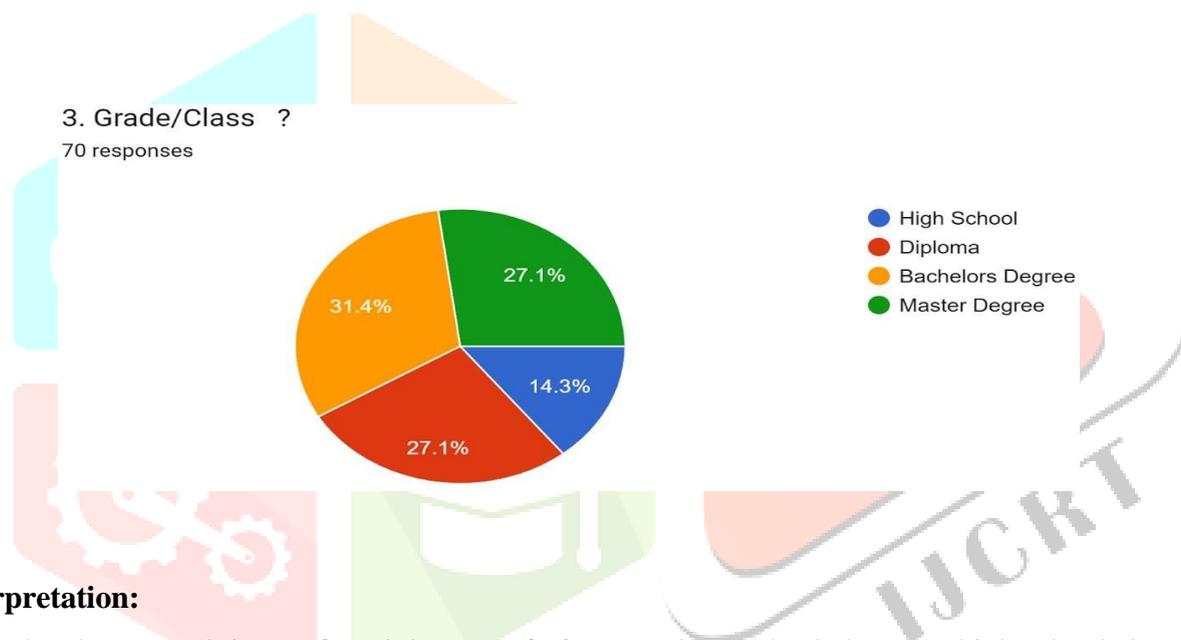


**Interpretation:**

From the above graph it was found that out of 69 respondents 36% were male and 63% were female.

**Table no. 3. Highest level of education of the respondents**

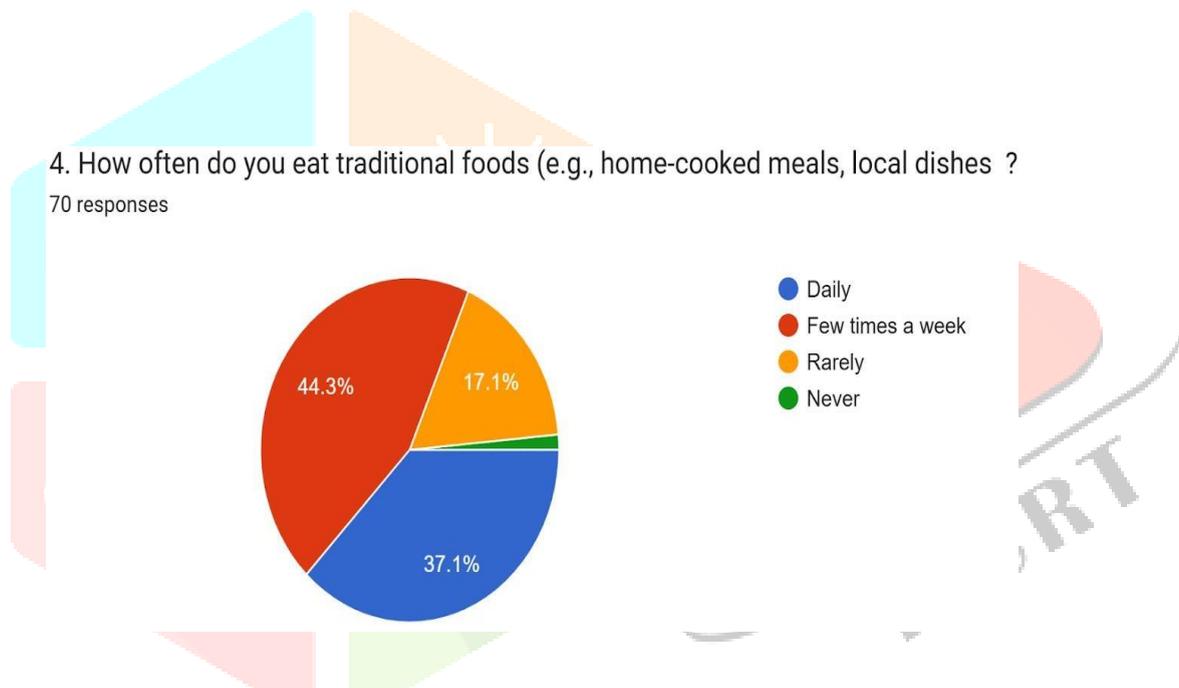
Option	No. of respondents	Percentage
High School	14	14%
Diploma	27	27%
Bachelor's Degree	31	31%
Master's Degree	27	27%
<b>Total</b>	<b>70</b>	<b>70%</b>

**Interpretation:**

From the above graph it was found that out of 70 respondents 14% belongs to high school, 27% belongs to diploma, 27% belongs to bachelor's degree and 31% belongs to master's degree.

**Table no. 4** 4. How often do you eat traditional foods (e.g., home-cooked meals, local dishes) ?

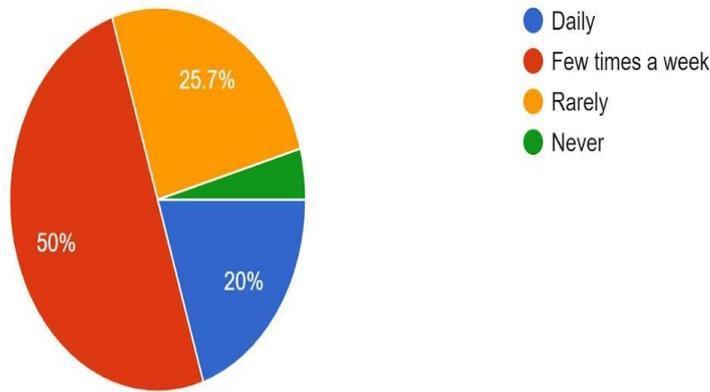
Option	No. of respondents	Percentage
Daily	37	37%
Few Times a Week	44	44%
Rarely	20	20%
Neve	15	15%
<b>Total</b>	<b>100</b>	<b>100%</b>

**Table no. 5** . How often do you eat modern/processed foods (e.g., fast food, packaged snacks) ?

Option	No. of respondents	Percentage
<b>Daily</b>	<b>20</b>	<b>20%</b>
<b>Few times a week</b>	<b>50</b>	<b>50%</b>
<b>Rarely</b>	<b>25</b>	<b>25%</b>
<b>Never</b>	<b>0</b>	<b>0</b>

5. How often do you eat modern/processed foods (e.g., fast food, packaged snacks) ?

70 responses

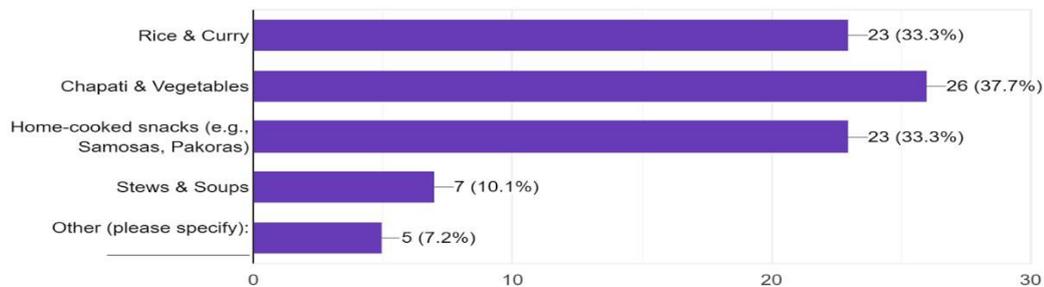


6. What are your favorite traditional foods? (Check all that apply) ?

Option	No. of respondents	Percentage
Rice & Curry	33	33%
Chapati & Vegetables	37	37%
Home-cooked snacks (e.g., Samosas, Pakoras)	33	33%
Stews & Soups	10	10%
Other (please specify):	5	5%

6. What are your favorite traditional foods? (Check all that apply) ?

69 responses

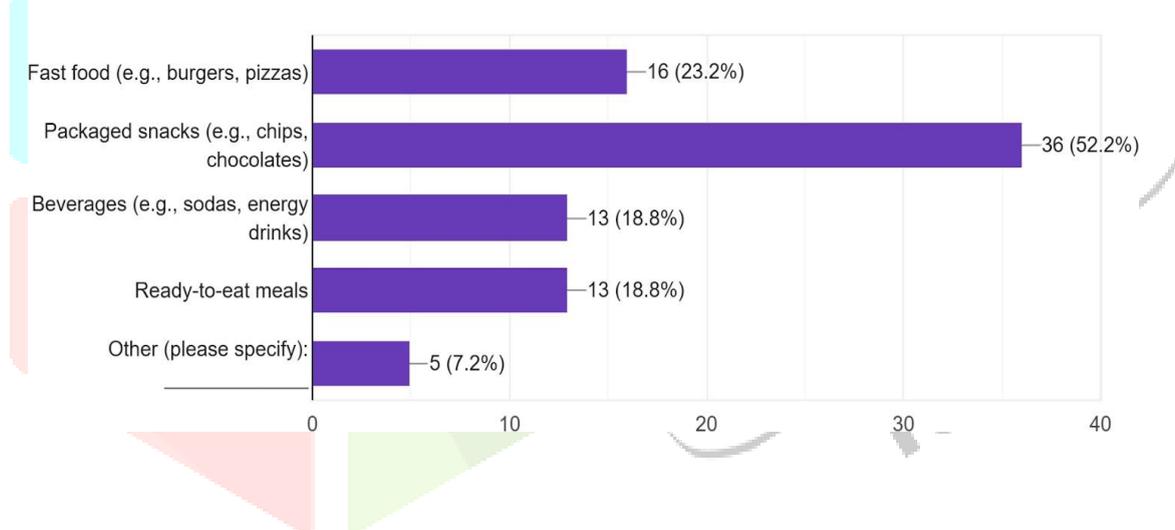


**What are your favorite modern foods? (Check all that apply) ?**

Option	No. of respondents	Percentage
<b>Fast food (e.g., burgers, pizzas)</b>	<b>23</b>	<b>23%</b>
<b>Packaged snacks (e.g., chips, chocolates)</b>	<b>52</b>	<b>52%</b>
<b>Beverages (e.g., sodas, energy drinks)</b>	<b>18</b>	<b>18%</b>
<b>Ready-to-eat meals</b>	<b>13</b>	<b>13%</b>
<b>Other (please specify):</b>	<b>7</b>	<b>7%</b>

7. What are your favorite modern foods? (Check all that apply) ?

69 responses

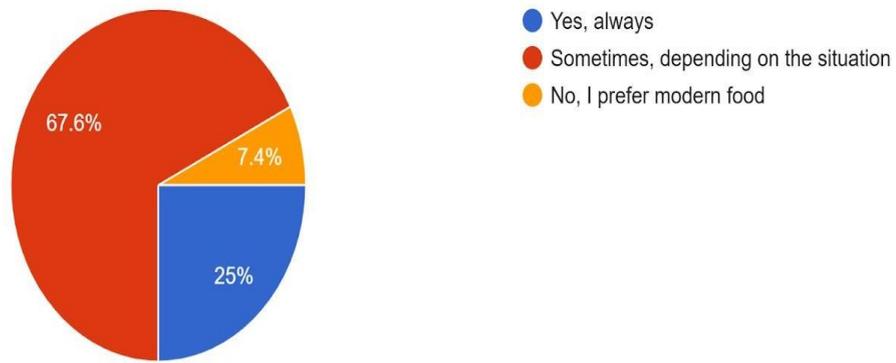


**8. Do you prefer traditional food over modern food ?**

Option	No. of respondents	Percentage
<b>Yes, always</b>	<b>25</b>	<b>25%</b>
<b>Sometimes, depending on the situation</b>	<b>67</b>	<b>67%</b>
<b>No, I prefer modern food</b>	<b>7</b>	<b>7%</b>

8. Do you prefer traditional food over modern food ?

68 responses

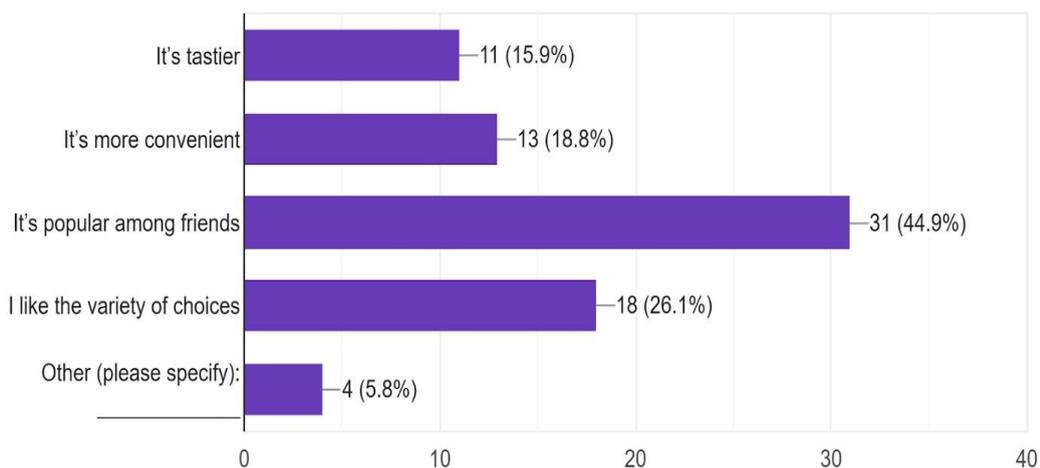


9. Why do you prefer modern food? (Select all that apply)

Option	No. of respondents	Percentage
It's tastier	15	15%
It's more convenient	18	18%
It's popular among friends	44	44%
I like the variety of choices	18	18%
Other (please specify): _____	5	5%

9. Why do you prefer modern food? (Select all that apply) ?

69 responses

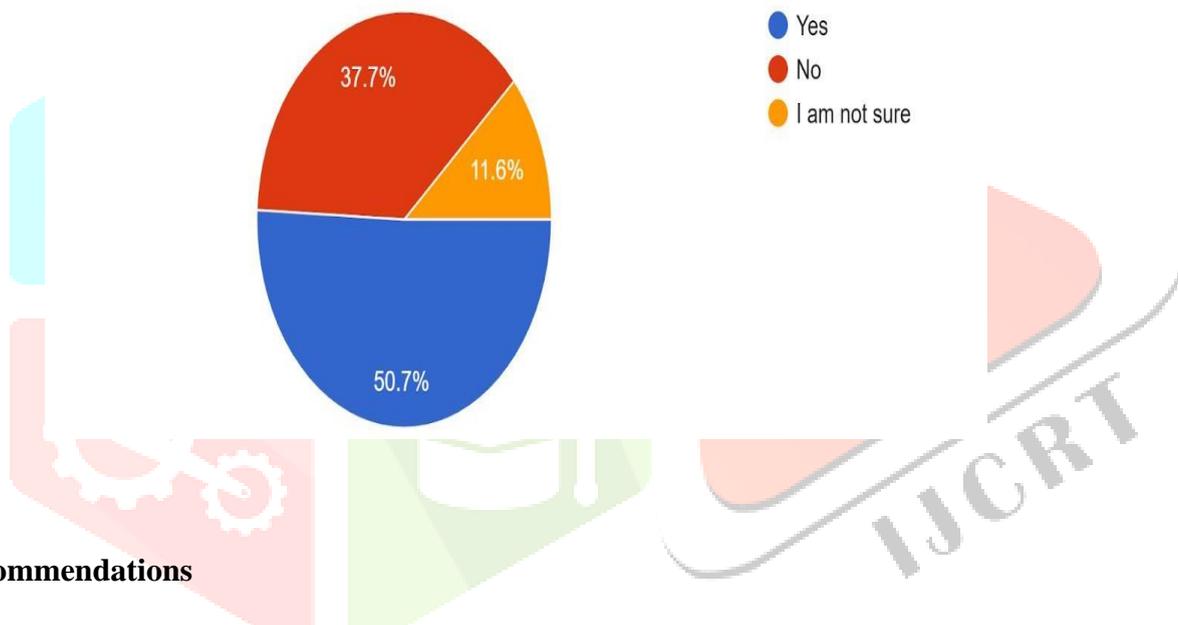


10. Do you feel that traditional foods are healthier compared to modern foods ?

Option	No. of respondents	Percentage
Yes	50	50%
No	37	37%
I am not sure	11	11%

10 . Do you feel that traditional foods are healthier compared to modern foods ?

69 responses



## Recommendations

### 1. Incorporate Healthy Fusion Options

Schools should introduce a balanced menu that blends traditional foods with modern, healthy alternatives to cater to students' evolving tastes while maintaining nutritional value.

### 2. Nutritional Awareness Programs

Conduct awareness programs to educate students about the benefits of traditional and modern foods, helping them make informed dietary choices.

### 3. Student Involvement in Menu Planning

Schools should actively involve students in menu selection through surveys and feedback mechanisms to ensure their preferences are met.

### 4. Cafeteria Diversification

Offer a variety of food choices that include traditional staples alongside modern fast-food options, ensuring inclusivity for diverse cultural backgrounds.

### 5. Promoting Locally Sourced Foods

Schools can encourage the use of locally sourced, organic ingredients in both traditional and modern dishes to support local farmers and promote sustainability.

## Conclusion

The survey results indicate a shift in food preferences among school-going students, with a growing inclination toward modern fast food while maintaining an appreciation for traditional cuisine. While convenience and taste drive students toward contemporary food choices, health concerns and cultural heritage influence their inclination toward traditional meals. Schools should strike a balance by offering diverse food options that align with student preferences while ensuring nutritional adequacy. Through education and structured menu planning, a sustainable and health-conscious approach to student nutrition can be achieved.

