

Title: How Eating Habits Formulated During the Childhood Affect Food Preferences Among Pasadena City College Students

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An old saying goes, “You are what you eat.” While many people can define healthy diet differently, for it depends on the way one was raised and taught, basic features distinguish healthful food from junk food. According to some researchers (Bravo, 2014), homemade food is “[a]rtisanal food produced at a small scale...using traditional methods”. Junk food (fast food), on the other hand, includes products that are usually high in the calories but critically low in nutrients. Healthy diet is also essential while raising kids, as mothers who make food for their babies indicate that one of the main reasons why they do this is “the nutritional benefit for the child, followed by the ability to control what goes on a child's plate” (Growing trend...,2011). However, not everybody has enough time, resources, or\and knowledge to prepare homemade food every day; as a result, many parents provide their children with less healthy food. This project is designed to find out how eating habits, which are usually developed from early childhood, are reflected in Pasadena City College students' lives. Based on literature reviewed, it is hypothesized that PCC students, who were raised eating homemade food, tend to cook and eat at home, while the students, who grew up consuming takeout meals, are less likely to cook for themselves and are more likely to consume fast foods (Mason, 2016). This research employed a survey of a convenience sample of 109 PCC students. The stated hypothesis was confirmed by the data obtained and received results.

References

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