Study Report
On

"Influence of Social Network on The Dietary Pattern of University Students"

Supervised by

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Letter of Authorization

12th November 2019
To,
Dr. Md. Bellal Hossain
Professor& Head
Department of Nutrition and Food Engineering
Faculty of Allied Health Sciences
Daffodil International University

Subject: An announcement regarding the validity of the thesis Report.

Dear Sir,

This is my truthful declaration that the **"Thesis Report"** I have prepared is not a copy of any the thesis Report previously made by any other students.

I also express my forthright confirmation in support to the fact that the said thesis report has neither been used before to fulfill my other course related nor it will be submitted to any other person in future.
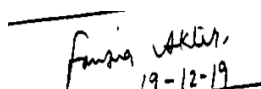
Yours Sincerely,
Sohaeb Nabi Shetu
ID: 161-34-516

LETTER OF APPROVAL

Project project report prepared by Md. Sohaeb Nabi Shetu bearing ID 161-34-516, is approved in Partial Fulfillment of the Requirement for the Degree of BACHELOR OF NUTRITION and FOOD ENGINEERING. The said student has completed his project work under my supervision. During the research period I found him sincere, hardworking and enthusiastic.

Ms. Fouzia Akter

ASSISTANT PROFESSOR

DEPARTMENT OF NUTRITION AND FOOD ENGINEERING

ACKNOWLEDGEMENT

DEDICATION

This project work is dedicated to my beloved teachers Ms. Fouzia Akter who has been bringing opportunity for students every year and who gave me the courage to fulfill this work successfully.

Abstract

The motivation behind this paper was to set up the dietary mindfulness and changing of eating examples of the varsity understudies by the impact of social network and how these influence their eating behavior. After an SPSS analysis on the study we have discovered that 22.1 percent respondent is maximum and which is belongs to the age group of 20 years old student. 94.3% students uses social network. Out of 714 students, 400 students use social network in order to keep in touch with friends and family and 31 students use social network for the purpose of food and diet and the percentage is 4.3. Out of 714, 353 number of students follow the food and diet related pages and the percentage is 49.4.The experiments shows that 53.2 percent students eat food from recommended pages than homemade food and from that percentage we can easily say that social network has impact on the changes of food consumption of students. The percentage of tend to follow the food and diet related pages on social network that is recommended is 54.2 percent and the number is 387 out of 714. 45.4% students said that their food preferences are changing because of food pages where 35.7% students do verify the recommended food and diet related pages and rest of the students follow the food and diet related pages without any verification. Most of the students think and believe that the food and diet related pages have impact on dietary pattern while some of them are unsure about the fact that these pages have impact or not. Though a few student disagreed about the usefulness of food and diet related pages.

[Key Words: Social Network, Dietary pattern, Social media, Food consumption, University Students, Food pages]

Chapter-1

1.1 Introduction

Internet based life impacts such a significant number of parts of our lives that it's nothing unexpected that it additionally impacts how — and why — we eat. Be that as it may, sometime before Facebook, Twitter and Instagram, our public activities had immense results on what we ate.

Eating conduct is emphatically impacted by social setting. We eat diversely when we are with others contrasted and when we eat alone. Our dietary decisions additionally will in general unite with those of our social network site. One explanation behind this is fitting in with the conduct of others is versatile and we think that it's fulfilling. Standards of suitable eating are set by the conduct of others, yet additionally shared social desires and ecological signals. We are bound to pursue an eating standard in the event that it is seen to be pertinent dependent on social examination. Important standards are set by comparable others and those with whom we distinguish. On the off chance that a standard is applicable, at that point there might be coordinating of conduct to the standard, however this will rely upon different variables, for example, how much consideration is paid to the standard, how concerned we are about social acknowledgment and the nearness of other contending standards, for example, individual standards and utilization generalizations. Norm coordinating includes procedures, for example, synchronization of eating activities, utilization observing and modified nourishment inclinations. There is rising proof that social eating standards may assume a job in

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the improvement and upkeep of corpulence. Social eating standards comprise a novel objective for mediations to energize more advantageous eating. [1]

We've since a long time ago realized that presentation to customary types of media, for example, style magazines and TV, is related with the improvement of scattered eating and self-perception concerns. Online life consolidates a large number of the visual parts of conventional media with the open door for web based life clients to interface and spread generalizations that can prompt eating and self-perception concerns.[2]

For the investigation, Sidani and her associates overviewed 1,765 grown-ups in the United States between the ages of 19 and 32 out of 2014, utilizing surveys to decide online life use. The surveys got some information about the 11 most prevalent online networking stages at the time: Facebook, YouTube, Twitter, Google Plus, Instagram, Snapchat, Reddit, Tumblr, Pinterest, Vine and LinkedIn.They at that point cross-referenced those outcomes with the aftereffects of another survey that utilized built up screening apparatuses to evaluate dietary problem chance. [3]

It may be the case that youthful grown-ups who utilize increasingly internet based life are presented to more pictures and messages that empower advancement of scattered eating.

The examination found that sexual orientation, age, race and salary didn't impact the affiliation — which implies that every single statistic bunch were similarly influenced by the connection between internet based life and eating and self-perception concerns, the scientists said.

Yet, while web-based social networking and impact has its clouded side, it additionally can be utilized to energize good dieting practices among youngsters. A

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concentrate from the University of Birmingham in England found that presenting understudies to social-based messages can build their utilization of leafy foods, while decreasing their utilization of unhealthy snacks. [4]

The examination expands on the way that individuals adjust their conduct to what they believe is socially expected for every circumstance — and nourishment decisions are no special case.

That implies, on the off chance that we are told andaccept that others in our social gathering eat loads of foods grown from the ground, at that point we may attempt to do likewise.

1.2 Legitimization of the Study

Nutrition and food intake are closely related to nutritional status and health of an individual. Adequate amount of nutrients in the form of daily diet either from home or restaurant are essential for the maintenance of health and good nutrition. The low intake of homemade healthy foods may result in nutritional disorders. Further the university students are generally occupied with academic work, games and are under emotional stress which coupled with unbalanced diets which is followed by social network results in poor health and nutrition. Hence, the importance of good nutrition is realized in the maintenance of health of human beings.

Our food habits are formed by attitudes, prejudices and taboos practiced in early days or the life and in most or the cases it becomes the food habit of a group or a society or a community. Now a days online food pages play an important role to

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attract university students by showing several offer and also promise to deliver food within short time which seems more convenient to university students.

1.3 Specific Objective

- To find out the types (Fast food or healthy food) of food intake by the influence of social network
- Comparison of having homemade food and the preferred food from social network
- To determine whether online food pages are useful for students or not
- To determine the purpose of visiting diet related pages of university student

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1.4 Framework

Influence of social network on dietary pattern of university students

Desk research and qualitative outside work

Questionnaire Development

Moderation of questionnaire

Data collection

Interview of university student

Coding and data entry

SPSS software using

Analysis

SPSS software using

Results of changing dietery pattern

Good and Bad impact
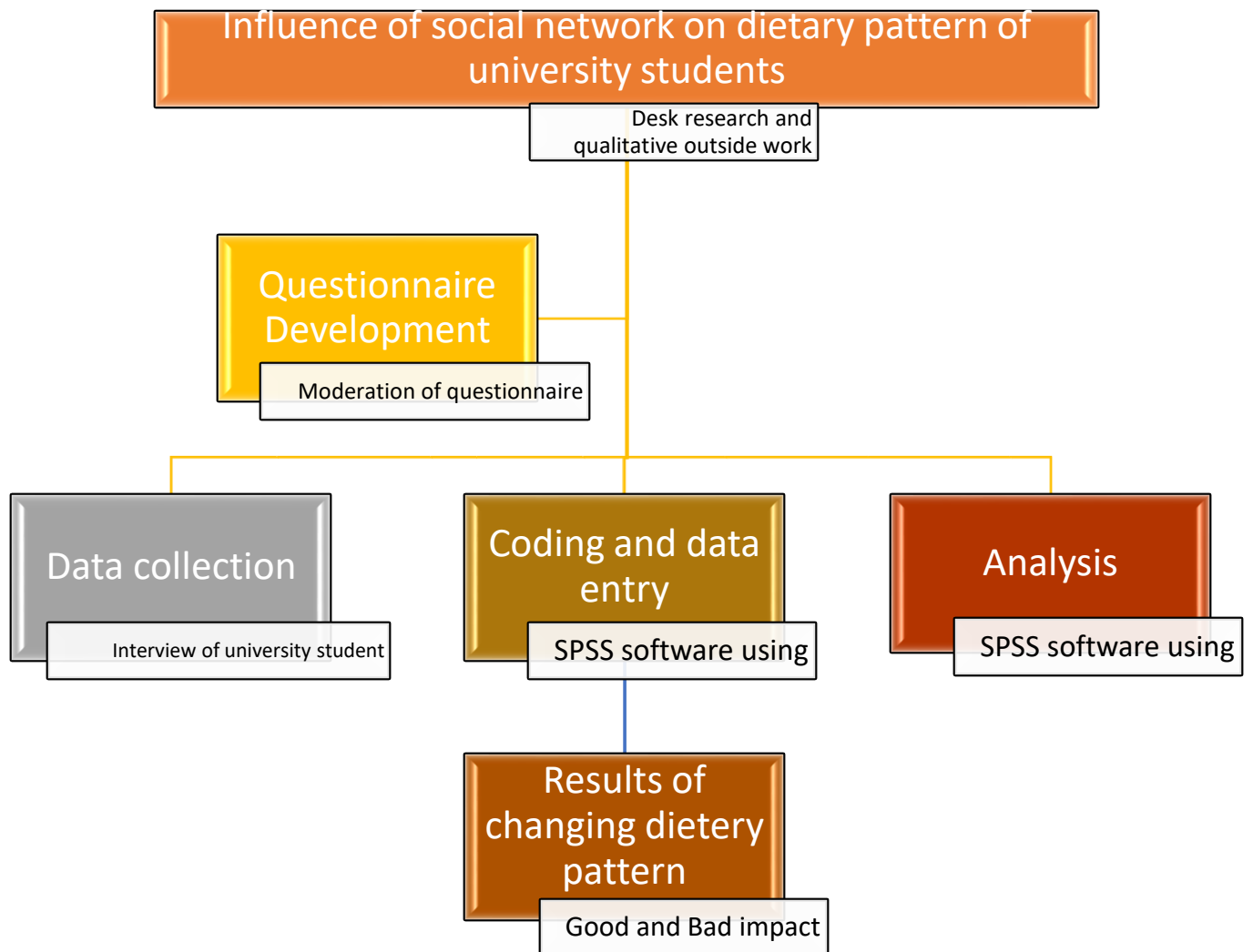
Chapter-2

2.1 Operational Planning

The table underneath shows the time allotment for the proposition venture. This complies with the time constraints set out in the brief. When the undertaking was in progress, week by week progress report sent to Thesis Supervisor for criticism.

2.2 Time of Activity:

1st week- Desk Research

2^{nd}week - Qualitative outside work

3rd week - Questionnaire Development

4th week - Moderation of Questionnaire

5th to 9th week - Data Collection

10th week - Coding and Data Entry

11th week - Analysis

12th to 14th week Report Writing

15th week - Presentation and Report Submission

2.3 Review of Literature

Nourishment utilization is undeniably connected with general wellbeing results going from stoutness to cardiovascular illness and diabetes. Research has discovered that eating with others influences what an individual expends and, all the more as of late, that weight status is affected by ties in social networks. Together, this information features the benefit of understanding the jobs that connections play in our eating practices. Until now, be that as it may, there has been little research examining the connection between examples of nourishment utilization and the mind boggling examples of human happiness.

Past deal with informal communities and wellbeing has discovered that weight status is identified with examples of social relations and that drinking practices can spread in a social network. However, regardless of whether nourishment utilization per individual is dependent upon comparative types of friend impact in a system setting has not been inspected. Our goal was to research whether associations with specific sorts of close relations (mates, companions, and kin) were prescient of eating examples of associated people in a huge forthcoming partner study after some time. To address this inquiry, nourishment designs were first identified from nourishment recurrence polls. We at that point played out a progression of connection examinations to evaluate nourishment design concordance, and we fit a progression of longitudinal numerous calculated relapse models to test for peer impact on eating among close social contacts.[5]

The sociology writing progressively proposes that informal communities are significant in the upkeep of general wellbeing and assurance from a scope of maladies. An informal community might be characterized as a structure of "equally situated and subordinate individuals" . Individuals are installed inside various systems of interdependency of numerous sorts at any one time that may reflect (among numerous things) family relationship ties, proficient associations, or spot of habitation. Altogether in any case, systems can reach out past close to home associations and incorporate interdependencies which stretch out crosswise over tremendous geological zones and to huge quantities of individuals –, for example, those identifying with the support of social character. In the course of the most recent 10 years, a developing assortment of work has concentrated on the job that such systems may play in understanding the improvement of overweight and weight. Numerous studies have investigated the danger of getting overweight or hefty as indicated by the size and thickness of individuals' social network. Most research consideration in this field has been focussed on the attributes of individuals inside a specific informal community, (for example, a kinship gathering) and the danger of overweight or weight among organize individuals, which has shown that heftiness may bunch inside specific interpersonal organizations. In spite of the fact that there is expanding acknowledgment that social networks are essential to our comprehension of weight , there is so far restricted comprehension about the manners by which such systems may shape the advancement of overweight and stoutness.[6]

In spite of the fact that there has been a lot of investigation into informal communities and weight status since 2007, the field stays under-estimated, restricting the advancement of clarifications for the bunching of overweight and corpulence inside specific social network. This paper tries to address this hole in

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information by looking at the social procedures through which interpersonal organizations impact the improvement of overweight and stoutness. Through a perusing audit of the writing, this paper gives a diagram of the manners by which network and their relationship to overweight and corpulence have been comprehended. It draws on a sociological comprehension of social procedures as the example of occasions that happen out of the associations between individuals to clarify how systems may encourage the advancement of overweight and weight.[7]

Note that web based life is anything but a solitary thing, yet a star grouping of devices and advancements that help distributed discussion and client produced content. This empowers the social and social part of nourishment utilization and dietary practices to curlicue. This measurement, instead of the natural part of nourishment and sustenance, has been named the omnivore's difficulty. The term depends on the presumption that we as people can eat a wide assortment of things. Dissimilar to specific eaters, an omnivore is able to blossom with a large number of diets, lacking innate preferences for things that are sound — why culture and cultural standards turns into the primary perspective directing our eating conduct. Subsequently, social importance and allegories of nourishment can coordinate dietary decisions and figure out what kind of nourishment give social acknowledgment. Analogies in regards to eatable things are related with sentiments of regard and mingling, while illustrations of nonedible things are connected with aversion and, on occasion, repugnance. [8]

Nourishment practices is one such incredible illustration. Nourishment practices is ordinarily utilized on stages, for example, Facebook or Instagram, inscribing delectable and outwardly engaging nourishment things destined to-be-ingested. The expression "nourishment pornography" returns to 1979, when Michael Jacobson, co-maker of the Center for Science in the Public Interest, needed to differentiate sound and undesirable nourishments — "Secret sauce" and "Nourishment Porn" — in the association's bulletin. Jacobson later explained that he "authored the term to hint a nourishment that was so incredibly outside the field of play of what a nourishment ought to be that it had the right to be viewed as explicit.

Along these lines, as generally social and social marvel, the importance of nourishment and diets are in consistent change. Another well-refered to verifiable memory of how the changing structure and elements of society change utilization and dietary propensities is given by Mintz. Mintz separates among political and social employments of merchandise. In the middle of the sixteenth and twentieth hundreds of years, Europe and its provinces changed from mercantilism to private enterprise. Due to, in addition to other things, industrialization and colonization, the accessibility of sugar rose significantly. Sugar went from being rare extravagance products, into getting open for regular individuals. Therefore, this changed the implications related with utilization. The expression "sweetness" itself changed implication from an abstract symbolism relevant to sweetness and prompting, to a physical idea as a free taste. [9]

Nourishment is an indispensable piece of every day life and has significant outcomes on our prosperity. Past supplements devoured, eating frames of mind and practices add to the course and aversion of interminable malady and psychological wellness (Belloc and Breslow, 1972; Nishida, Uauy,Kumanyika, and Shetty, 2004). Since eating frames of mind have such significant results, it is essential to comprehend which elements impact them and how. A factor that potentially influences eating demeanors is online life use or Social Network Sites (SNS) use. Broad communications use and SNS use have been seen as related in various ways with eating examples, EDs and related factors (Elfhag and Morey, 2008; Pater, Haimson, Andalibi, and Mynatt, 2016; Santarossa, 2015; Vaterlaus, Patten, Roche, and Young, 2015). The point of this investigation is to grow comprehension of the connection among SNS and eating dispositions and to investigate whether internet based life use influences eating designs. The point of this examination was to research whether nourishment pornography impacts eating patterns.More explicitly, it was speculated that presentation to inviting nourishment pictures on SNS would build levels of nourishment desires and outer eating and influence the sort and measure of nourishment requested from a menu. It was likewise expected that these impacts would be more prominent for people with scattered eating than for people without cluttered eating. In opposition to desires, mouth-watering nourishment pictures didn't influence outer eating, nourishment yearnings, or the sort or measure of nourishment requested from a menu. Moreover, seeing nourishment pictures didn't influence people with confused eating more than others for both of the reliant factors. As it were, scattered eating didn't direct the connection between survey pictures of inviting nourishment and outer eating, nourishment longing for or the sum or kind of food sources people looked over a menu.[10]

Chapter-3

3.1 Equipment:

No.	Equipment	Purpose
1	Paper	To produce Questionnaire
2	Computer	Data entry Data analyze Report writing

3.2 Methods and Materials

3.2.1 Key variables of the study

- Age of Students
- Gender of Students
- Place of Residence
- Monthly Household income
- Using of any type of social network
- Reason of using social media
- Following of any food and diet related pages on social network
- Effect of social network on daily usual food consumption

- Comparison of eating food between preferred foods which are available on food pages and foods prepared in home
- Food preference changing because of food pages on social network
- Changing the trend of university student and the relation of social network with that change
- Addiction to food and diet related pages on social network

3.2.2 Study Locations

So as to consider the wholesome status, dietary behavior, influence of social network on the changes of dietary pattern and the resulting complexity of Daffodil International University undergraduate, the investigation area was Daffodil International University. The information of understudies were gathered from Student cafeteria, Department and different spots.

3.2.3 Study Design

The examination was a randomized sort of cross sectional investigation. The information for this examination were gotten through close to home meetings of every respondent on organized poll including both open-finished and close-finished inquiries. The dietary data, past and present influence of social network on dietary pattern and the study related data were taken from chosen respondent.

3.2.4 Study population

This study was conducted among the selected students of Daffodil International University.

3.2.5 Study period

September 2019 to December 2019.

Data Collection Period 1st October 2019 to 29th October 2019.

3.2.6 Participants' number and their range of age:

The subjects of the study were students of Daffodil International university aged between 18 to 24 years. A total of 714 students voluntarily participated in the study. The subjects were randomly selected.

3.2.7 Assent

The reason and nature of the examination was disclosed to every member and in the wake of getting the composed assent, they were enrolled in the investigation.

3.2.8 Advancement of the survey

A standard survey was created to get the significant data with respect to the general data, financial data and individual data. Changes of dietary pattern was recorded according to the use of social network.

3.2.9 Information check

Tables were checked every day in the wake of meeting and again these were cautiously checking after culmination of all information assortment and coded before going into the computer.to limit the blunders, in the wake of entering the informational index into the PC, these are checked and settled by remedy.

3.2.10 Measurable Analysis and Methods Used

Information was moved from the composed account structures to a modernized database document. Information examination was completed utilizing the factual bundle SPSS on PC.

3.2.11 Restrictions of the examination

1) In this investigation, the example size was not very enormous to have surmising for huge populace.

2) Due to deficiency of time and asset limitations couldn't gather the adequate information from all understudies of Daffodil International University.

3) Some respondents couldn't ready to tell about the definite month to month salary of their families. All things considered, the surmised salary was considered dependent on ensuing auxiliary questions.

4) Some of the respondents were less co-usable and awkward to uncover their concern and about financial state of the family.

Chapter-4

4.1 Results:

Background Information

Table-1: Distribution of the respondents' residence

Area	Frequency	Percent
Rural	272	38.1
Urban	434	60.8
Did not mention	2	.3
Others	6	.8
Total	714	100.0

Table-01 shows the residence of the respondents. Here the table shows that 38.1 percent Respondents stay in ruralarea and 60.8percent respondents stay in urban area.

Table-2: Descriptive Statistics of respondent's age

Number of total students	Minimum	Maximum	Mean	Standard Deviation
714	17	23	21.4160	2.11103

Table no 2 shows that 714 number of respondents the minimum age is 17 and the maximum age is 23. Where the mean is 21.4160 and the standard deviation is 2.11103

Table-3: Distribution of study background

Study background	Frequency	Percent
Science	538	75.4
Arts	66	9.2
Commerce	92	12.9
Others	18	2.5
Total	714	100.0

Table-03 shows the study background of the respondents. Here the table shows that 75.4 percent respondents study in Science, 12.9percent respondents study in commerce and 9.2 percent respondents from Arts background.

Table-04:

Prat-1 (Using of social network)

Response	Frequency	Percent
Yes	673	94.3
No	41	5.7
Total	714	100.0

Part 2 (Gender and uses of social network site cross tabulation):

Gender	Yes	No
Male	427	19
Female	244	22

Table-04 part 1 shows the study of using social network of the respondents. Here the table shows that 94.3percent Respondents use social network where 5.7 percent students do not use any types of social network in their regular life. Part 2 shows that male student number is more than female on the basis of using social networking site.

Table-05: purpose of using social network

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Purpose	Frequency	Percent
keeping in touch with friends and family	400	56.0
food and diet	31	4.3
buying and selling	7	1.0
Inspiration	15	2.1
News	129	18.1
Dating	12	1.7
To meet new friends	43	6.0
To find employment	4	.6
To browse/time waste	48	6.7
others	22	3.1
Did not respond	3	.4
Total	714	100.0

Table 5 shows that out of 714 students, 31 students are using social network in order to be connected with the page related to food and diet and the percentage is 4.3

Table 6: following the food and diet related pages on social network

Responses	Frequency	Percent
Yes	353	49.4
No	357	50.0
Did not respond	4	.6
Total	714	100.0

Table 6 shows that 49.4 percent students follow the food and diet related pages on social network while 50 percent students do not follow any food and diet related pages on social network

Table 7: influence of social network on daily food consumption

Response	Frequency	Percent
yes	331	46.4
no	363	50.8
May be	3	.4
others	8	1.1
Did not respond	9	1.3
Total	714	100.0

Table 8: More food consumption from recommended food pages than homemade food

Response	Frequency	Percent
Yes	380	53.2
No	329	46.1
Did not respond	5	.7
Total	714	100.0

Table 9: Changing of food preferences because of food pages

Response	Frequency	Percent
Yes	324	45.4
No	381	53.4
Did not respond	9	1.3
Total	714	100.0

Table 10: Addiction to food and diet related pages of social network

Response	Frequency	Percent
yes	178	24.9
no	529	74.1
May be	2	.3

Did not respond	5	.7
Total	714	100.0

Table 11: verification check of the information of food and diet related pages

Response	Frequency	Percent
yes	255	35.7
no	290	40.6
never tried to	163	22.8
Did not respond	6	.8
Total	714	100.0

Table 12: Gender wise following of food and diet related pages Cross tabulation count

Gender	Following of any food and diet related pages on social network			
	Did not respond	Yes	No	Total
Male	1	448	221	448
Female	3	266	136	226

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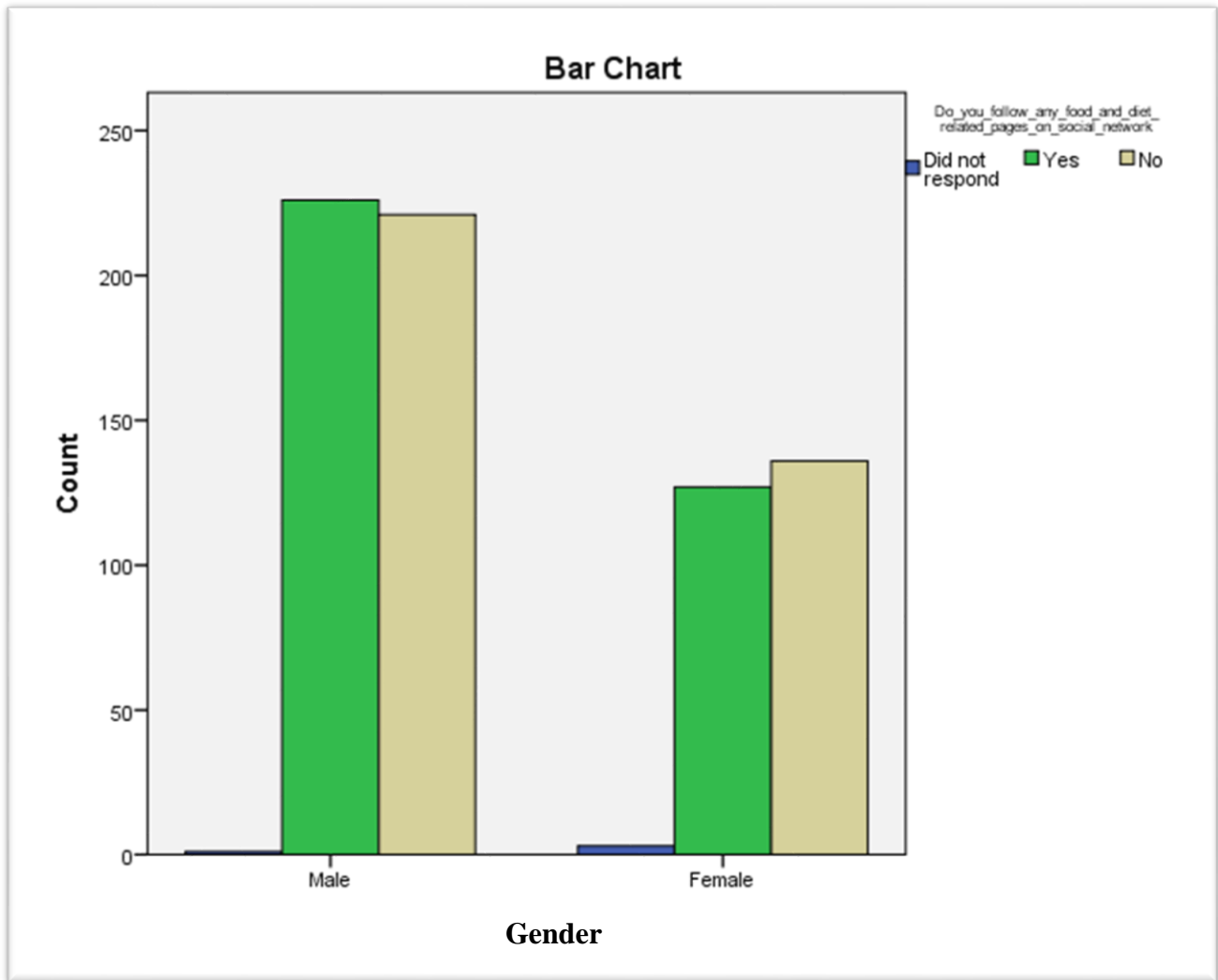| Total		4	714	357	714

Figure 1Bar chart based on table no 12 which shows 221 number of male students out of 714 follow food and diet related pages on social network.
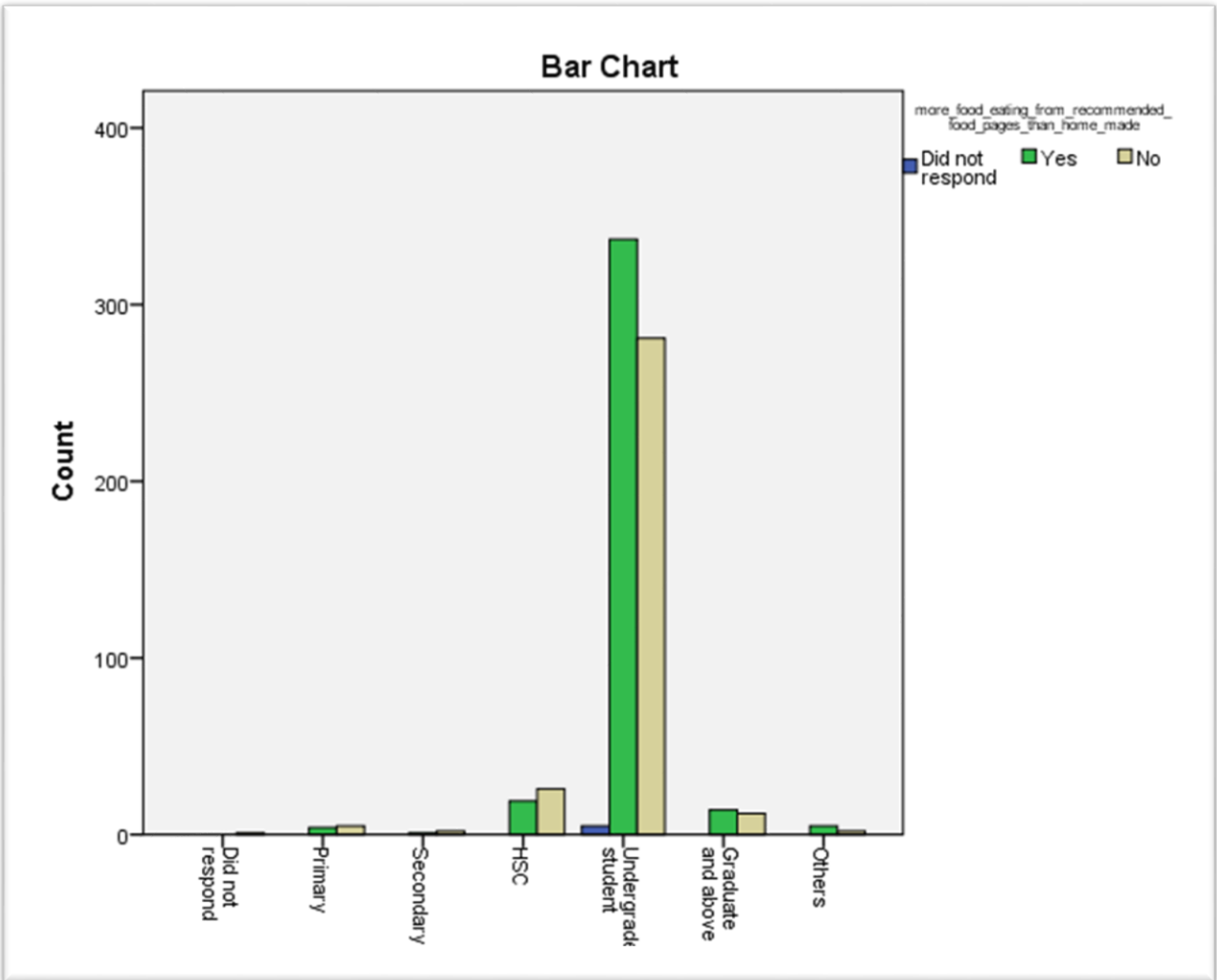
Figure 2bar chart which indicates the responses of either more food consumption from recommended food pages than homemade is happened or not.

Bar chart of the reason of visiting diet related pages (percentage of each reason which is categorized by male and female)
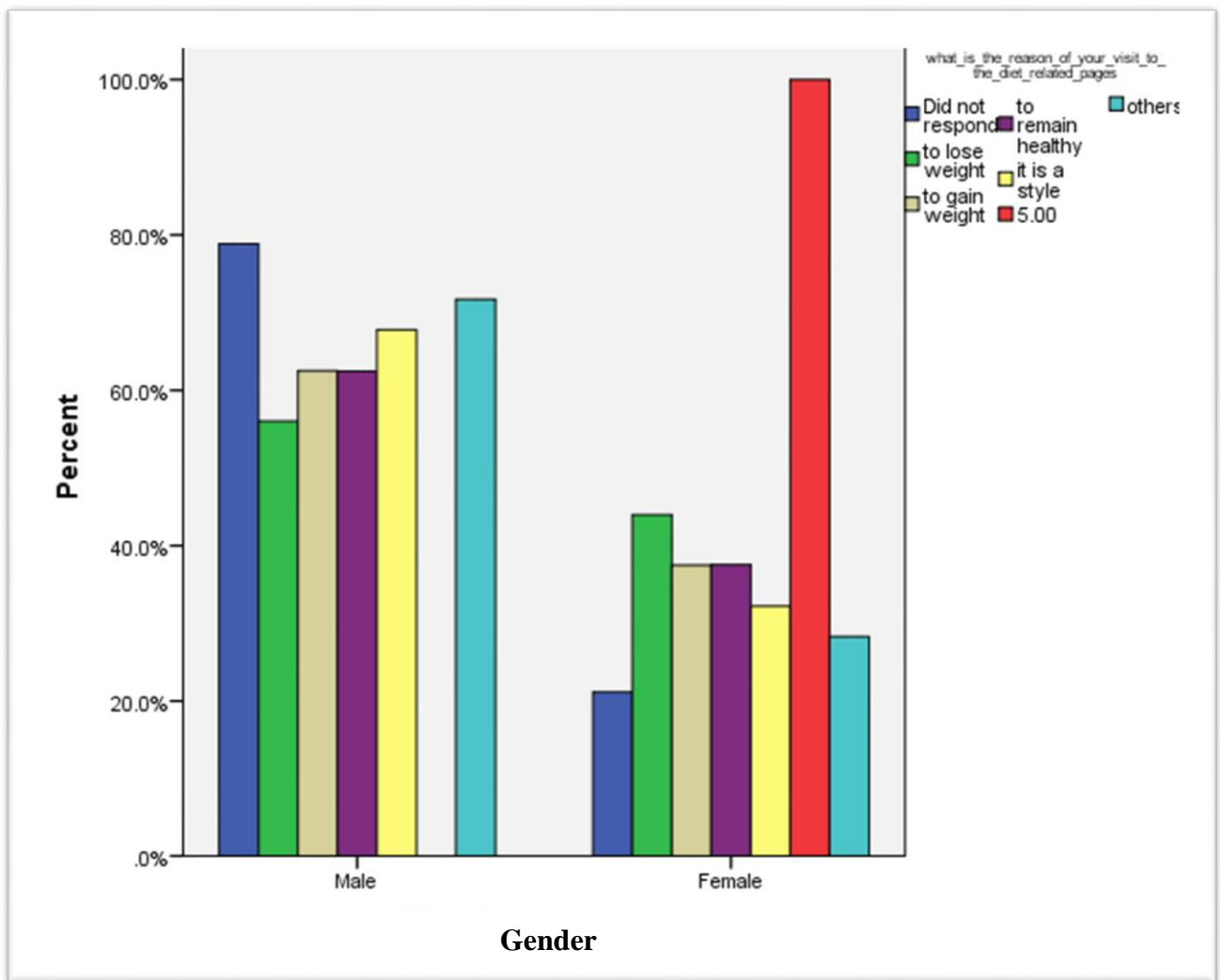

Figure 3Bar chart of the reason of visiting diet related pages (percentage of each reason which is categorized by male and female)

Table no 13: Distribution of often visiting diet related pages

Response	Frequency	Percent
Yes	358	50.1
No	339	47.5
May be	6	.8
Did not respond	11	1.5
Total	714	100.0

Table no 14: Verification of the information of food and diet related pages

Response	Frequency	Percent
yes	255	35.7
no	290	40.6
never tried to	163	22.8
Did not respond	6	.8
Total	714	100.0

Table no 15: Food pages are alluring students to spend more money on food

Response	Frequency	Percent
Yes	392	54.9
No	315	44.1
Did not respond	7	1.0

	714	100.0
Total		

Table 16: Tend to follow the food and diet related pages which are recommended on social network to student

Response	Frequency	Percent
Yes	387	54.2
No	318	44.5
May be	6	.8
Did not respond	3	.4
Total	714	100.0

Table 16 shows that tend to follow the food and diet related pages among students and its percentage which indicates 54.2 percent of students noted that they tend to follow the diet related pages which are recommended on social network.
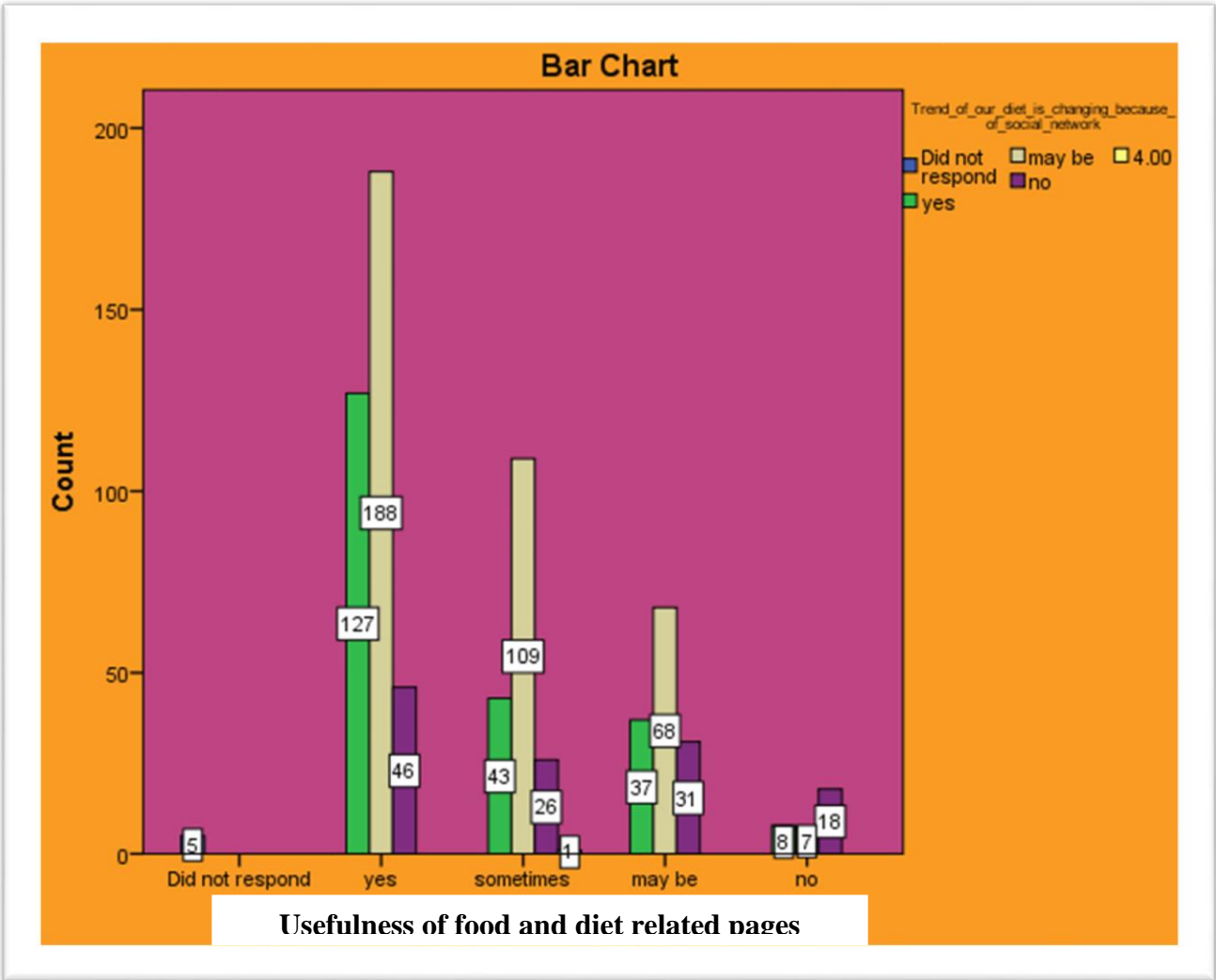
Bar Chart

Figure 4: bar chart on the relationship between the number of students who think diet and food related pages are useful and who believe the trend of our diet is changing because of social network. 188 number of students out of 714 strongly agreed that food and diet related pages are useful.

4.2 Discussion:

We conducted a survey on influence of social network on the changes of dietary pattern of university students. After getting response from all the participants I started to analysis on the data in order to get the exact percentages and information related to the changes of food consumption.

At first, In the analysis of background information the study has showed that the respondents are 38.1 percent from Rural area and 60.8 percent from urban area. The numbers are accordingly 272 and 434. In this study, the analysis shows that 673 students out of 714 uses social network and the percentage of male students are more compare to female students. Out of 714, 427 number of male uses social network and the female student number is 244.

In a study of similar content among college students, 141 undergraduate students were surveyed to determine media usage among college students. Consistent with Gerlich et al., the researchers found no statistically significant differences between males and females in the amount of time spent using the internet. In addition, no fundamental differences were discovered between females and males in terms of social media usage. [11]

It has been reported in a study that young adults spend between 11 and 12 h a day with technology and media. Young adults have a particular affinity for social media that facilitate social interaction. As of January 2014, 89% of 18–29 year olds report using social media sites. Participants (81%) talked about the relation between food and Facebook, Twitter, Pinterest, Snapchat, and Instagram. They talked about this social media and food connection in three distinct ways. Participants (38%) reported that social media was associated with increased food choices. Social media was also

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perceived by participants (28%) to be a venue to share pictures of their food with their social network. Finally, participants (32%) explained that social media could be a source of distraction during meal times and when making food choices.[12] On the other side in this study it shows out of 714, 353 number of students follow the food and diet related pages and the percentage is 49.4 and the cumulative percentage is 50.In case of social network affect on daily usual food consumption, It has been recorded that 46.4 percent student said it's true that the social network truly affect their daily usual food consumption. The percentage is huge and the students' number is close to half of 714.

At a point the experiments shows that 53.2 percent students eat food from recommended pages than homemade food and from that percentage we can easily say that social network has impact on the changes of food consumption of students. The experiment also shows a cumulative percentage of 53.9 in this case. In a study of the perceived influence of social media on young adult health behaviors, they have tried to compare online ordered fast food vs. home-cooked meals nutritional factor, ordered fast food is high in salt, cholesterol, and calories. 53. 2 percent students basically eat food from the recommended food pages by ordering. [13]

A study also shows that, adolescent who viewed any recommended food pages on social site by influencers with unhealthy snacks had significantly increased overall intake (448.3 kilocalories [kcals]; P = .001), and significantly increased intake of unhealthy snacks specifically (388.8 kcals; P = .001), compared with adolescent who viewed influencers with nonfood products (357.1 and 292.2 kcals, respectively).[14]Our analysis shows that, changing of food preference because of food pages is also come to know after the analysis. It shows that out of 714 number of students, 324 number of students have mentioned that the fact is true that after

seeing any food pages on social network, often they change their food consumption. The percentage is also huge. It's 45.4 percent. 381 number of students which is 53.4 percent have strictly said that the pages related to food diet never changes their food preferences. In case of addiction to food and diet related pages on social network, It has been examined that 24.9 percent students are addicted to food and diet related pages and the number is 178 out of 714. Rest of the 74.1 percent students are not addicted to food and diet related pages and the number is 529 out of 714.

So, Here is a point which is if the students are following the food and diet related pages after a certain verification or not. After the examination or analysis it has been recorded that 255 number of students out of 714 do verification about the recommended food and diet pages on their social network and the percentage is 35.7 percent but rest of the 290 number of students never do any check of authenticity of recommended food and diet related pages and 163 number of students have never tried to do the verification check. The percentage I accordingly 40.6 percent and 22.8 percent.

We made a cross tabulation on gender and following any food related pages on social network among 714 number of students. We have come to know after the analysis that male follow food and diet related pages more than female. The number of male and female students are accordingly 448, and 266. A statics analysis shows that man order more than female from social site. It shows that males are more likely to order food at late night than females. [15]

Most of the students think and believe that the food and diet related pages have impact on dietary pattern while some of them are unsure about the fact that these

pages have impact or not. Though a few student disagreed about the usefulness of food and diet related pages.

Chapter-5

5.1 Conclusion:

The major goal of this study was to establish university students' nutritional awareness of food choices and food consumption patterns and how these affect the students' health. Almost half of the students are influenced by social network and follow the recommended food pages. Students make food choices without any verification due to lack of knowledge and understanding of their dietary requirements. These findings imply that moving away from the family home and assuming responsibility for food preparation and purchasing for the first time from the recommended pages on social network affect dietary habits.

The good information is that there are healthy diets also available out there whichever are being recommended on social network. But, without consulting any nutritionist or lack of nutritional knowledge many students are eating bad foods everyday by the influence of social network. If the change forms a move from an unhealthy dietary changes of lifestyle pattern to a healthy dietary pattern then the scientific evidence is behind us. We already know the essential facts, more fruits and veggies, less read meat and smoking, more exercise and the verification of the food and diet related pages whether the changes of dietary pattern is going to be good or not.

5.2 Recommendation:

- Students should follow any food and diet related pages not because of trend but for a healthy and logical purpose which would be a reason for stay healthy.

- Students should not follow any food and diet related pages without any verification of the mentioned information of pages.

- One must focus on healthy food whether it is coming from the influence of food and diet related pages or homemade.

Chapter - 6

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