

A STUDY TO DETERMINE THE EATING HABITS OF VOCATIONAL SCHOOL CULINARY PROGRAMME STUDENTS

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Abstract: Vocational schools are schools that train intermediate staff to the sector/industry for two years of education. When the literature on the subject was examined, it was found that the majority of the research on determining the eating habits of university students was conducted on four-year university students, while not much research on tourism students was found. It is believed that determining the habits of students who receive nutrition education and will contribute to the nutrition of society will contribute to the literature. The aim of this research is to determine the eating habits of young people studying in the culinary program of Selçuk University Silifke - Taşucu Vocational School. The study is therefore important. The work is a descriptive work. In the study, the literature was examined primarily, a questionnaire was prepared, and it was applied to the students face-to-face. The results were evaluated with the help of the SPSS package program, the results were tabulated and interpreted. As a result, the eating habits of vocational school students are negative. it was concluded that the vast majority of students do not eat breakfast and female students eat more breakfast than male ones.

Keywords: University, Eating habits, student, cook, tourism.

INTRODUCTION

Nutrition is not about putting the feed bag on, suppressing their feelings of hunger, or eating what they crave. Food is one of the indispensable needs of living beings to sustain their lives (Adak, 2020:197). Nutrition is a psychological, sociological and economic event as well as physiological. Nutrition is a behavior that needs to be done consciously to get the nutrients that the body needs in sufficient quantities and at appropriate times to maintain health, develop and improve quality of life. When any of the nutrients are not taken or taken more or less than necessary, growth and development are prevented, cognitive function weakens and depressed mood occurs (Özenoğlu, 2018) in short, the health deteriorates (Ünsal, 2019:1).

The foods consumed form the energy source needed for physical activity and biological functions in the body. Vitamins and minerals should

be taken from eaten foods along with carbohydrates, proteins, fats. (Medicalpark, 2020). **“Malnutrition” occurs when nutrients cannot be taken according to the body's needs.** When any of these items are not taken, more or less taken than necessary, growth and development are blocked, the health deteriorates. This condition is called “malnutrition”. people who eat adequately and balanced have a strong and healthy appearance, a strong and ready -to-work personality, an active and flexible body, normal mental development, lively and bright eyes and hair, normal developing muscles, a structure that does not get sick very often (sagligim.gov.tr,2019). The basis of Health is adequate and balanced, in short, healthy eating. Improving people's quality of life (saglik.gov.tr,, 2020a), economic development of society and healthy life depend on the health of the individuals who make up it. (Pekcan et al..2019:26-27).

For a person, the youth period covers psychological, social and biological development that will shape the lives of young people. In this way, the teenager is affected by the problems of the society in which he lives, affects the society and actively participates in social events and events. For this reason, adequate and balanced nutrition of Higher Education Youth positively affects itself in particular, its family and society in general. Healthy lifestyle of students is important in terms of giving good eating habits to future generations (Tuğut&Bekar, 2008:19). The eating habit covers foods eaten throughout the day. Everything eaten and drunk creates people's eating habits (aliskanlik.com.2020). In general, the foods that people consume daily are classified as milk and milk products, meat and other protein foods, fresh vegetables and fruits, cereals, fats and sugary foods (TÜBER,2015). The main criteria used to determine the eating habits of individuals, the number of daily meals, skipped meals and reasons for skipping meals, foods consumed between meals (Tokgöz et al., 1995: 230)The business world always needs qualified staff with bodily competence and knowledge. Qualified labor force, which is needed and is also effective in the development of countries, is met by vocational colleges (vocational schools) in Turkey. One third of the total university students in Turkey are students of vocational schools. In vocational schools, students are given practical training with theoretical knowledge necessary for a profession. The trainings consist of four semesters (two years). They are the basic elements of the service sector and form a skilled labor force between engineers or experts and workers. Universities usually provide 4 years of education, are located in large cities and function in favor of elite people. Vocational colleges, on the other hand, are usually located in rural areas and small residential areas, and students who do not have enough points to win

undergraduate programs of 4 years can enter 2-year vocational colleges, allowing education to reach a wider audience (Akdemir et al., 2018:494-495, Sayın and Karaman,2019).

Although there are four-year “Gastronomy and Culinary Arts” departments in Turkey, there are also two-year “culinary programs” that provide training. Demand for culinary programs has been increasing in recent years, and the number of programs opened has been increasing in direct proportion. Culinary program students are usually given knowledge of gastronomy, practical courses are carried out in applications. Program students will work in the food industry when they graduate, they will cook according to hygiene rules (Kurnaz et al..2014:43-44) Culinary programs include cooking methods, nutrition principles and menu planning, cold kitchen, local kitchen, cooking methods, food and staff hygiene (<https://bologna.selcuk.edu.tr>).

The majority of the studies conducted in Turkey are on university undergraduate students. In studies, it was found out that students ' eating habits were not good, mostly unbalanced, and malnourished, and they skipped breakfast due to a lack of time (Özdoğan et al., 2010: 882, Ermish et al., 2014: 37, Vançelik et al., 2007:242, Türkeri, et al.,2020: 1269, Korkmaz, 2010:404). In a study by Akgündüz et al.,(2020) on the students of four university's Department of gastronomy and culinary undergraduate program students, the most missed meal is breakfast because of timelessness and the food preferred by the students is mostly bread, bagels, olives, pasta, rice, toast, pizza and the female students pay more attention to their nutrition than the male students do.

In the research, it is aimed to determine the eating habits of students of vocational school whose profession will be cooking and who are trained in this direction. When the literature was researched, most of the studies on students ' eating habits were conducted on undergraduate programs of four years, and there were not many studies on students of tourism programs. The study is therefore important. In this context, research on the subject and importance of nutrition was carried out primarily in the study, and then a study was carried out on the students of the culinary program of Silifke – Taşucu Post Vocational School.

MATERIAL METHOD

Rationale and Method

November-December 2019 was the year of the study. “Culinary Program” students were enrolled in this descriptive study, which was

conducted to determine the eating habits of students of the Post Vocational School of Culinary program. The universe of the research is composed of students of the Post Vocational School of Culinary Program, and the sample is composed of students of the Selcuk University Silifke - Taşucu Post vocational school “Culinary Program”. Survey method was applied in the study. First, a literature study was conducted on this topic, similar studies on this topic were conducted by researchers (Yilmaz & Ozkan, 2007, Vançelik et al., 2007: 245) questions were prepared by taking examined expert opinions. Students were first informed about the research, then asked to answer questions on a voluntary basis. A total of 240 students in the culinary program were tried to reach, a total of 198 students (82.5% of the sample) were surveyed because some of the students who did not attend classes due to absenteeism or different reasons did not want to answer questions. Surveys were conducted by face-to-face method. The survey questions consist of two parts: questions containing demographic information and questions about eating habits. Descriptive statistics were used in the analysis of the data, the data was evaluated using the SPSS program, the result was evaluated with the help of tables.

Findings

The results from the questionnaire applied in this study are shown in Tables 1, 2, 3 and 4. This study was conducted to determine the eating habits of culinary program students. 198 students from Silifke - Taşucu Post Vocational School culinary program participated.

Table 1: Demographics of students

Age	f	%		Gender	f	%
Under 20	65	32,8		Male	59	29,8
21-30 ages	127	64,1		Female	139	70,2
31-40 ages	5	2,5		Total	198	100
51 and over	1	0,5				
Total	198	100				

According to Table 1, the vast majority of students (64.1%) are 21-30 years old and female (70.2%) students.

Table 2: Eating the meals and the meals skipped.

Number of Daily Meals	f	%
1 meal	3	1,5
2 meals	115	58,1
3 meals	67	33,8
4 meals	5	2,5
5 meals	8	4,0
Total	198	100
The most skipped meal	f	%
I do not skip	34	17,2
Breakfast	75	37,9
lunch	68	34,3
dinner	5	2,5
Breakfast-lunch	16	8,1
Total	198	100
The reasons for meal skipping	f	%
To lose weight	7	3,5
I do not feel like eating	88	44,4
Because I forget or cannot have the opportunity	62	31,3
unnecessary	3	1,5
I do not skip meals	34	17,2
Because I sleep.	4	2,0
Total	198	100
Snack	f	%
no	183	92,4
yes	15	7,6
Total	198	100

According to Table 2, the vast majority of participants (59.6%) eat 1 or 2 meals a day. 40.4% eat 3 meals or more. 17.2% of participants do not skip meals, the most skipped meals are breakfast (37.9%) and lunch (34.3%). The proportion of those who skip both breakfast and lunch is 8.1%. The least skipped meal is dinner (2.5%). When participants were asked the reasons for skipping meals, they were most likely marked “because I don't feel like eating” (44.4%) and “because I forget or do not have the opportunity” (31.3%), while 2% marked “because I sleep”. The vast majority of participants (92.4%) do not eat snacks.

Table 3: Places where food is usually eaten

Where do you usually have breakfast?	f	%
Home/ Dorm	173	87,4
School Cafeteria	25	12,6
Total	198	100
Where do you usually eat dinner?	f	%
Home/ Dorm	177	89,4
School Cafeteria	2	1,0
Restaurant	19	9,6
Total	198	100

According to Table 3, the vast majority of participants usually eat breakfast at home or dorm (87.4%). Only 12.6% of respondents eat breakfast in the school cafeteria. At the same time, the vast majority of students eat dinner at home or in the dorm (89.4%), 9.6% in restaurants, and 1.0% in the school cafeteria.

Table 4: Distribution of nutrients usually consumed in meals

Breakfast*	f	%
Tea	150	75,8
milk	17	8,6
cheese	132	66,7
egg	90	45,5
bagel/bread	145	73,2
butter	16	8,1
olive	121	61,1
Honey/ jam	68	3,3
Fruit/ Fruit Juice	36	18,2
Toast/sandwich	112	56,6
Dinner*	f	%
Soup, pasta, rice	162	81,8
Vegetable dish without meat	31	35,9
Vegetable dish with meat	57	28,8
Meat dish	58	29,3
Salad	148	74,7
Bread	117	59,1
Yoghurt	83	41,9
Fruit	76	38,4
Toast/sandwich	20	10,1

* Multiple options are checked.

According to Table 4, the vast majority of participants usually consume more tea (75.8%), bagels/bread (73.2%), cheese (66.7%), olives (61.1%), sandwiches (56.6%) for breakfast. In addition, participants reported that they consumed honey/jam (3,3%), butter (8,1%), milk (8,6%), fruit/fruit juice (18,2%) the least. At the same time, the vast majority of respondents stated that they consume more soup/pasta/rice (81,8%), salad (74.7%) and bread (59,1%) while they consume less yoghurt (41,9%), fruit (38,4%), vegetable dish without meat 35.9%, meat dish, 29.3%, vegetable dish with meat (28.8%) for dinner.

CONCLUSION

In the research conducted, it was concluded that the vast majority of students are between the ages of 21-30 and are female (70.2%). The study concluded that students skipped meals (%59,6It was concluded that students generally skipped “breakfast” and (37.9%) skipped meals “because they don't feel like eating” (44.4%) and “they forget or don't have the opportunity” (31.3%) In addition, the vast majority of participants do not eat snacks (92.4%). The majority of students generally consume more tea (75.8%), bagels/bread (73.2%), cheese (66.7%), olives (61.1), sandwich-toast (56.6%) for breakfast. It was also concluded that the vast majority of participants consumed more soup/pasta/rice (81.8%), salad (74.7%) and bread (59.1%) for dinner. In general, the result of this research on post vocational school students is that school culinary program students do not eat regularly, even though they receive training in nutrition and food preparation. Consuming these foods for a long time or in large quantities can cause significant health damage. Many basic factors influence an individual's eating habits. In particular, income levels and knowledge levels are thought to affect university students. Low cost and preparation time are effective in choosing these foods by students. The age of youth is one of the periods when good and bad habits are formed. Mistakes made about nutrition in youth, wrong habits gained reduce the level of health and productivity at that moment, and negatively affect health and productivity in later ages. For this reason, it should be emphasized to raise awareness of youth about adequate and balanced nutrition and to provide the necessary conditions for nutrition. After all night of starvation, the most important meal of the day is breakfast in the morning. the desire to work and the ability to learning of the Students who do not eat breakfast may decrease and as a result, their school success may decrease. In order to raise healthy

generations, it is important that students who are forced to live away from their families have the economic competence to meet their basic needs. Today, the inability to ensure sustainable food security due to reasons such as ignorance, urbanization, globalization, changes in eating habits and losses in traditional food culture are some of the causes of nutritional problems. It is necessary to raise awareness and educate individuals and society about healthy eating, guide and advise on the creation and development of food, nutrition, health and agricultural policies in order to prevent nutrition-related diseases and improve the quality of life. It is of great importance to gain awareness of healthy eating through nutrition education in the prevention of malnutrition.

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