

Perception of Healthy Eating among School Going Children: A Review Based on Available Literature

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Abstract: *Background:* Food is very essential thing of human beings without food we can't survive in the world. There are so many countries in the world, which are suffering with food crisis. No food no life. According to Centre for Disease Control (CDC, 2014) around 42 million children globally under the age of 5 years were suffering with overweight. 50-70% of obese children will remain obese adults. *Objective:* To identify the perception of the school going children regarding healthy and unhealthy eating habits. *Methods:* Pub Med and EBSCO were searched for reviews on perception of the school going children regarding healthy and unhealthy eating habits. *Results:* The accessible literature refines to get 7 qualitative studies. In this narrative review, 7 research studies supported that having perception regarding healthy and unhealthy eating habits can be helpful in maintaining the health among school going children. *Conclusion:* Healthy diet always leads to healthy life but unhealthy diet makes the life useless until it is flourished by healthy diet and it is very much important to have an overall perception regarding the healthy and unhealthy eating habits.

Keywords: qualitative approach, perception, healthy eating, unhealthy eating

1. Introduction

According to Maslow's hierarchy need food is the basic need of human beings. Whatever activities the human beings do in the world, the ultimate aim is get food for them and their families. The health of an individual truly depends on his/her dietary pattern and food habits. In our body the digestive system plays a major role, to distribute nutrients for our body metabolism. In older days it is very hard to find causes of diabetes, cancer and obesity. Now a day these disease conditions are very common in each and every household. The reason behind it people expressing the reason behind this are stress, modern life style and change in their dietary pattern. Among them the unhealthy dietary pattern and food habits one of the major cause to developed so many diseases and illness nutritional problem like obesity and overweight etc.

Need for the Study:

Sedentary lifestyle plays an important role in leading the life into unhealthy pattern and in this unhealthy eating habit increases the life towards unhealthy pattern. The need of this review is to identify the perception towards healthy and unhealthy habits among school going children so that as per the results the perceptions can be modified for better health and better life.

Aim of the Study:

To identify the perception of school going children regarding healthy and unhealthy eating habits.

Objective: To identify the perception of the school going children regarding healthy and unhealthy eating habits.

2. Methodology

Search strategy methods-

An electronic search of articles published in various journals has been done. Search was restricted to only English language.

The database search was PubMed and EBSCO.

Types of Studies-Cohort study, Case-control study, Phenomenological approach, Prospective analytical single center study, Randomized clinical trial, Descriptive study.

Types of Participants-School going children.

Settings-Wilsonia Public School, Moradabad.

For this narrative review, articles were searched on Pub Med and EBSCO, using keywords such as knowledge, practice, dietary management, patients, and gallbladder diseases. During initial search 13569 titles were retrieved and number of records screened after duplication were 12898 and rest 671 records were excluded. 98 records screened and records excluded were 12800, full text articles assessed for eligibility were 56. Full text articles excluded due to irrelevant content and subscription were 42 and finally 7 studies included in qualitative synthesis.

Outcome: The outcomes from these studies clearly focus to the perception on healthy and unhealthy habits among school going children and it is necessary that not only to perceive but to apply the perception in converting the unhealthy eating habit into healthy eating habit so that life become more comfortable and easier to live.

3. Discussion

According to Murimi MW2016, the finding showed that Nutrition education could be integrated into school

curriculum and at the point-of-purchase to enhance these students' nutrition knowledge.¹

According to **E. Rawlins et. al, 2013**, it was observed that across ethnic groups, dislike of school meals, lack of knowledge of physical activity guidelines for children and negativity towards physical education at school among girls, potentially hindered healthy living. Issues relating to families' wider neighborhoods' (e. g. fast food outlets; lack of safety) illustrated child and parental concerns that environment could thwart intentions for healthy eating and activity.²

As per the study of **Marie-Claude Paquette, 2005**, it shows that the perceptions of healthy eating remain a relatively unexplored issue, as suggested by the small number of studies included in this review.³

According to **Jennifer P. Taylor et. al, 2014**, the study suggested that the results of the review identified a significant body of literature in the area of determinants of healthy eating in children and youth⁴

As per the study conducted by **Heather Patrick, 2005**, the results points to the importance of early food experiences, particularly in terms of exposure to new foods and foods that they otherwise would not like (e. g., vegetables).⁵

According to **Joanne L. Clarke et. al, 2015**, the study suggests that parents and children value healthy lifestyle interventions delivered through schools, and report changes in knowledge, skills and family lifestyle behavior as a result.⁶

According to **S. Swaminathan et, al, 2009**, this study states that a concerted effort is required to translate the knowledge of children into positive behavior change towards healthy eating.⁷

Ethical Consideration:

This manuscript is ethically considered by the panel of Teerthanker Mahaveer College of Nursing, Teerthanker Mahaveer University after discussing with each and every point of this manuscript.

Summary of Findings:

Total 7 research studies supported that perception towards healthy and unhealthy eating is necessary for the healthy life.

Importance in Education:

Education is an important part for every individual not only to learn the facts about different aspects but also to apply the facts in our life and more over that to follow them in daily routine in order to get a better life. Like the same way this review suggests that perception towards healthy and unhealthy eating is necessary for the healthy life.

Future Significance:

The more we perceive the more we gain and with this demand for future perspective, perception is required so that eating habit can be assessed for healthier life style.

4.Limitations

- Computerized data bases were limited.
- Limited to only to school going children.

Strength:

- Article search was carried out on a significant problem
- Review could find out the gap in perception towards healthy and unhealthy eating is necessary for the healthy life.

Weakness:

- Articles mainly focus on only knowledge and practice regarding dietary management.
- Only 7 qualitative articles were included for data synthesis due to limitations.

5.Conclusion

A healthy regime deals with a converse coalition with gallbladder disease. As a result, these data need to be acknowledged in future prospective studies for etiological purposes in both men and women to draw more deciding events. High intake of vegetable protein can reduce the effect of cholecystectomy in females.

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Conflict of Interest: Nil

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