

# Research on the Dilemma and Breakthrough of College Students' Food Education

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**Abstract:** With the development of the times, due to irregular diet and stay up late addiction, higher students in China have become more and more serious in chronic diseases and sub-health problems, and the problem of lack of food education has become increasingly prominent. Therefore, this paper collects and collates the current situation of food education research and development at home and abroad in recent years, and selects different groups in many colleges and universities in Nanchang as samples. By means of questionnaire survey and interview, based on demand orientation and problem orientation, this paper introduces multiple knowledge such as communication, nutrition and food safety and health law, explores the feasibility of diversified integration of food education, summarizes the dilemma of college students' food education and carries out breakthrough research in order to solve the dilemma.

**Keywords:** College students, Food education, Dilemma, Break through

## 1. Introduction

At present, the related research on college students' diet education in China mainly focuses on the current situation and existing problems of college students' diet, and the feasible ways to implement diet education in colleges and universities. These studies have not yet carried out substantive research on colleges and universities. Secondly, there is no in-depth study on the countermeasures of diet education for college students, and it only stays on the surface understanding<sup>[1]</sup>. In this study, we conducted a questionnaire and interview on the diet education of college students, analyzed the interview results, effectively grasped the difficulties and causes of college students' diet education, and put forward corresponding solutions, which is conducive to the development of contemporary college students' diet education research. It is hoped that through this study, the importance of food education is emphasized, and colleges and universities are called on to attach importance to food education for students. It is of great significance for the development of food education and the overall development of students in our university, and helps students establish a sense of lifelong food education.

## 2. Investigation and Analysis of the Current Situation of College Students' Food Education

### 2.1. Respondents

Table 1: Distribution of questionnaire samples

project	category	number of people
sexuality	male	87
	female	77
grade	Freshman	55
	sophomore	54
	junior	40
	big Four	15

In order to be able to directly understand the current situation of college students' food education, this study selected a sample of students from a university in A city, Jiangxi Province, and conducted a questionnaire survey using a cluster sampling method. A total of 164 questionnaires were distributed in this survey, and 164 questionnaires were recovered, with a recovery rate of 100%. There were 164 valid questionnaires, with an effective rate of 100%. The data of valid questionnaires were input into Excel software for collation and statistics (Table 1).

## 2.2. Survey Tools

On the basis of referring to the existing diet questionnaire, a questionnaire on college students' diet education was designed according to the purpose and actual situation of this survey. The questionnaire consists of three parts, a total of 14 questions. The first part is mainly to collect the basic information of the respondents, including gender, grade and so on. The second part is to investigate the daily living habits and eating habits of college students. The third part is to understand the current situation of college students' diet education, including college students' understanding of diet knowledge, the demand for diet knowledge, the way to acquire diet knowledge, the situation of learning diet education courses, and the situation of receiving informal diet education<sup>[2]</sup>. Considering the limitations of the questionnaire survey, in order to have a more detailed and in-depth understanding of the status of college students' diet education, on the basis of the questionnaire survey, the author also used the method of individual interviews to investigate the food education related personnel in three universities. The content of the interview and the questionnaire complement each other.

## 2.3. Survey Results and Analysis

Table 2: A survey of college students' living habits

Problems	selection	number of people	proportion
How many times do you eat breakfast a week ?	0-2	34	20.73%
	3-5	61	37.2%
	6-7	69	42.07%
Why do you usually do not eat breakfast ?	Irregular work and rest, can not get up	73	44.51%
	To lose weight	35	21.34%
	Don't want to eat in the morning.	45	27.44%
	others	47	28.66%

In the survey of college students' daily life, 42.07 % of the ' number of breakfasts ' chose to eat 6-7 breakfasts a week, accounting for less than 50 % of the total, indicating that more than half of college students can't guarantee breakfast every day and can't eat healthily. Even 20.73 % of college students eat breakfast no more than twice a week. This is very important for college students' food education. The data shows that college students do not pay much attention to their own food education and highlight the importance of food education (Table 2).

In the survey of ' Reasons for not eating breakfast ', it was found that 44.51 % of college students had irregular lifestyles, which was harmful to food education and even physical health. 21.34 % of college students did not eat breakfast because they lost weight, which was great for the body. The harm is great, indicating that food education has a long way to go.

Table 3: Investigation of college students' eating habits

Problems	selection	number of people	proportion
How to choose and match when eating ?	balanced diet	86	52.44%
	More meat less vegetarian	36	21.95%
	More meat less meat	23	14.02%
	Full meat	15	9.15%
	fully prime	4	2.44%
Your eating habits are the following ?	Pursuing nutritional balance	55	33.54%
	As long as it is delicious can be	49	29.88%
	Enough to eat	45	27.44%
	Often feel not enough to eat	15	9.15%

In the ' eating with ' 52.44 % of college students know to choose meat and vegetarian collocation, most of the college students have a healthy diet values, but there is no systematic study of food education education only know fur, but also need more accurate learning. In the "eating habits problem, " 33.54 % of people pursue nutritional balance. These people do not know how to achieve nutritional balance, and 57.32 % of college students only have a good and full attitude towards diet, which further explains the shortcomings of college students' food education. More than half of the college students

do not know how to eat healthily, so we should strengthen the food education of contemporary college students (Table 3).

*Table 4: College students' understanding of food education knowledge*

Problems	selection	number of people	proportion
What do you think are the reasons for the uneven nutrition of college students? ( Multiple choice )	Lack of common sense	86	52.44%
	save time	82	50%
	losing weight by dieting	90	54.88%
	monophagia	79	48.17%
	save	57	34.76%
	Don't want to spend time on nutrition collocation	59	35.98%
What do you think is the reason for the plight of college students' food education? ( Multiple choice )	The concept of food education is old	108	65.85%
	Lack of professional knowledge	119	72.56%
	Not interested in food education.	94	57.32%
	Lack of professional food education personnel	89	54.27%

From this data, we can see that 72.56 % of the students feel the lack of professional knowledge, which proves that the school should reasonably arrange the curriculum of diet. Even 54.88 % of students will choose to diet and lose weight (Table 4). Diet knowledge is the information about diet that people have mastered. The diet knowledge that students reserve will affect students' eating behavior, thus affecting students' physical health<sup>[3]</sup>. Therefore, it is necessary for students to accumulate certain diet knowledge to guide their eating behavior. The eating behavior of college students will form certain eating habits in the long-term development process, and bad eating habits will cause damage to students' bodies. Moreover, there are fewer food education activities in schools, which is not conducive to students' knowledge of food education. For college students, economic conditions and school canteen conditions will also have a certain impact on their dietary health. On the one hand, students leave their families to go to the university and start a collective dormitory life. At this time, all activities of students need to be arranged by themselves, including diet life. The canteen of colleges and universities is the main place for them to eat at school. Therefore, the conditions of college canteens, such as dining environment and food quality, will have a certain impact on students' dietary health. On the other hand, the level of monthly living expenses of college students will also affect the health of students' diet to a certain extent. Students with higher monthly living expenses are more likely to choose healthy diet than students with lower monthly living expenses.

### 3. Dilemma and Analysis of College Students' Food Education

#### 3.1. Students' Personal Level

According to a large number of survey results, most college students lack the knowledge of food education. A small number of students understand some but not comprehensive, and most of the understanding is related to traditional empirical proverbs, such as 'eat radish in winter and eat ginger in summer', 'eat well in the morning and eat well in the afternoon and eat well in the evening'.

Because colleges and universities are a free environment, many students are free from their parents' discipline and have developed many unhealthy eating habits, such as irregular diet, like to eat some high-oil, high-sugar and high-salt food, food waste, and serious food pickiness. These problems also lead to many students in a sub-healthy state, and more serious young people suffer from chronic diseases such as diabetes, hypertension, and gastroenteritis.<sup>[4]</sup> While another part of the students have the awareness of food education, but suffer from no professional guidance practice, they know little about it, blindly buy some unnecessary health food, and finally not only did not raise the body but also eat bad body. In this regard, college students as the main force of the future development of the motherland, a healthy body is the capital of the revolution, food education is urgent<sup>[5]</sup>.

### **3.2. School Level**

Under the strategy of healthy China, many universities have successively opened elective courses related to food education. However, most of the teachers of many related courses only use traditional teaching methods to teach the courses, which makes the courses not close to life, dull and boring, and not easy for students to accept. This also exposes the lack of teachers in food education in colleges and universities, and the lack of attention from schools<sup>[6]</sup>.

Food education is closely related to our life. In colleges and universities, the canteen is the main place for food. However, except for several pilot colleges and universities, most colleges and universities do not give full play to the function of canteen food education.

### **3.3. Social Level**

The construction of food education requires the joint efforts of all parties in the society. Although under the strategic deployment of the National Health China, many problems have been improved, but the efficiency is still not enough, the media's high-quality and effective publicity is not enough, the atmosphere of food education in the society is not enough, the relevant food education enterprises are less, and the grass-roots community publicity is not enough<sup>[7]</sup>.

### **3.4. National Level**

In recent years, with the vigorous appeal of food education scholars to food education legislation, China has successively introduced relevant laws and regulations standards, but has not established a set of food education laws in line with China's national conditions, resulting in China's food education in the implementation process. There are still many vacancies and problems. This is also one of the important reasons why our society still does not pay enough attention to food education and the slow progress of food education<sup>[8]</sup>.

## **4. Summary**

Through the investigation and research on the food education of college students, this paper finds that there is a lack of awareness of food education at the student level. At the school level, there are problems such as insufficient talent and teachers, insufficient school attention, unscientific and unreasonable curriculum setting, and failure to give full play to the function of canteen food education; the media publicity at the social level is not enough, the grassroots community awareness is not enough, there are not many related enterprises, and the food education atmosphere is not enough; there is a problem of unperfected legislation at the national level. In view of the above difficulties, I have given some of my own opinions through continuous research and investigation, such as designing seasonal recipes according to the solar terms in the school canteen and holding a week of nutrition and health recipe collection competition. However, due to my limited research ability, it is still relatively superficial in the discussion of college students' food education related issues. In addition, there may be omissions in the setting of questionnaire questions in the investigation and analysis of college students' food education status, resulting in low accuracy of the research results. In the process of issuing questionnaires, some uncertain factors such as the cooperation status of college students, the recovery of questionnaires, and the efficiency of questionnaires will also lead to deviations in the research results. In addition, this paper only selects some colleges and universities in Nanchang as samples for research, which has certain limitations. However, the follow-up research can select more research objects in different regions, and conduct more in-depth and detailed research on college students' food education, so as to provide reference for the future development of college students' food education.

## **Acknowledgement**

One of the research results of Nanchang Normal University's university-level project 'Research on the Dilemma and Breakthrough of College Students' Food Education', project number: 21XSKY58.

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