

ABSTRACT

There are several factors that have been associated with poor eating habits, this research focuses on aspects that may be associated with poor eating habits of high school female teenagers, which may predispose this group to nutrition and weight related diseases.

A cross-sectional study was designed and conducted using anthropometric tools, socio demographic questionnaire and a food frequency sheet to collect data from a group of 116 participants. Data was analyzed using SPSS and a p value < 0.05 was considered significant.

Household income was positively associated with household possessions ($r = 0.26$; $p = 0.007$), also daily allowance was positively associated with household possessions ($r = 0.24$; $p = 0.009$), and Body Mass Index (BMI) was inversely associated with frequency of lunch consumption at home ($r = 0.37$; $p = 0.001$). In addition, the food frequency data indicated that the most frequently consumed food was carbohydrate based foods (32%) followed by snacks (23%) and the least consumed foods were fatty foods (2%), followed by dairy (5%), legumes (5%) and vegetables (5%).

Female adolescents who eat lunch at home are more likely to be within a healthy BMI than those who reported not having lunch at home. Carbohydrate based foods and snacks are more frequently consumed as compared with other foods.