

**THE CORRELATION BETWEEN ORGANIC FOOD INTAKE AND FRUIT AND  
VEGETABLE CONSUMPTION BY  
FACULTY OF FOOD AND AGRICULTURE  
UNIVERSITY OF THE WEST INDIES STUDENTS**

Roshni Singh

Project Supervisor: Ms. Anisa Ramcharitar –Bourne

2014

**Background:** Organic food is a rapidly growing trend globally. As such, many individuals are turning toward organic foods because they are becoming more aware of what they are eating. Most food is offered organically however fruit and vegetables are the most consumed groups of organic food. In addition, there is limited research on those who chose organic food and if they consume more fruit and vegetables than those who do not eat organic food.

**Objective:** To determine the correlation between organic food intake and fruit and vegetable consumption among the Students of the faculty of Food and Agriculture of the University of the West Indies Saint Augustine.

**Study Design:** In this cross-sectional study using self-administered questionnaire, 125 students from the Science and Agriculture University of the West Indies (UWI), Saint Augustine were investigated. This sample was acquired by means of non-probability sampling. Data was collected from young adults (females and males) at the University of the West Indies (Department of Food and Agriculture). The design was cross sectional using interviewer administered questionnaires were distributed directly to students. The questionnaire recorded the participants' organic food consumption (how much) and frequency (how often), where they shop, their fruit and vegetable intake and why they either chose or did not chose organic food. In addition, descriptive statistics were found. IBM SPSS software enables, and assisted to gain critical analytical skills and supported the accuracy and thus gave insightful institutional research on decision-making.

**Results:** The mean nutritional knowledge score was  $13.74 \pm 1.296$  out of 15. Nutritional knowledge level was statistically higher ( $p = 0.009$ ). The mean attitude score was  $2.31 \pm 4.659$  out of 14. Attitude towards nutrition differed across the respondents, with a statistically lower ( $p = 0.006$ ) attitude score (or more negative attitude). Most of the students (67.0%) had a negative attitude towards nutrition. The mean behaviour score was  $34.86 \pm 5.246$  out of 72. The highest and lowest scores attained were 49 (1.0%) and 21 (1.0%) respectively. There was no statistically significant difference ( $p > 0.05$ ) in behaviour score among the respondents was found, indicating that nutritional behaviours were the same across. Most of the students (88.5%) had 'average' nutritional behaviours. Both nutritional knowledge and attitude towards nutrition were associated with nutritional behaviours.

**Conclusion:** The results suggest that young adults who consume more organic food do in fact consume more fruit and vegetables than those who do not consume organic food or consume very minimal.