

TO DETERMINE IF THERE IS A SIGNIFICANT DIFFERENCE IN FRUIT INTAKE BETWEEN NUTRITION STUDENTS AND NON-NUTRITION STUDENTS AT THE UNIVERSITY OF THE WEST INDIES

Venita Ganpat

Project Supervisor: Dr. Patricia Dyett

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Background: Nutrition students have greater nutritional knowledge to make wiser food choices than their non-nutrition student counterparts. Fruits are the most convenient healthy food choice packed with vitamins and minerals essential for repair, maintenance and protection of the human body.

Objectives: The study tests the hypothesis that Nutrition students have greater fruit consumption than their non-nutrition counterparts. It also seeks to deduce the relationship between fruit consumption and gender, living status and BMI of student at the University of the West Indies.

Design: This cross sectional study employed nutrition tools such as the 24HR recall and Food Frequency Questionnaires to collect data about fruit intake among University of the West Indies students. Fifty students who completed the Introduction to Nutrition course were given questionnaires (25 females and 25 males) along with 50 students that did not write the course (25 females and 25 males). The data collected was tabulated and analyzed using SPSS statistical tests such as Chi-square, Students t test, ANOVA and regression analysis.

Results: Analysis of the 24hr Recall and Food Frequency Questionnaire indicated that there is no association between Fruit Intake and Student Status, Gender, Body Mass Index or Living Status.

Conclusion: There was no significant difference in fruit intake between nutrition and non-nutrition students in the University of the West Indies. There was also no significant difference in intake between

Genders or Living Status, nor did intake differ statistically between BMI ranges.