

ABSTRACT

An Assessment of Healthy Eating for University of the West Indies, St. Augustine Students.

This project focuses on a more demographic perspective for healthy eating among UWI students. The research will show the relationship between demographics and healthy eating for students within the campus. All but religion the student belongs to is included in the study, because it was during lent that the study was carried out. This research focuses on The University of the West Indies (UWI) St. Augustine Campus located in Trinidad. The research found trends and the healthy eating status of students.

Forty students were given questionnaires to fill-out themselves during March. It was found that certain people were healthier than others and vice versa and comparisons were made between food groups, energy levels and calorie intakes.

Knowledge and development of healthier products plays a major role in the short and long-run health development of students.