

**AN ANALYSIS OF THE POTENTIAL HEALTH
&
NUTRITIONAL BENEFITS ASSOCIATED WITH THE CONSUMPTION
OF
HOME-PREPARED MEALS AMONG UNIVERSITY STUDENTS
(St. Augustine Campus)**

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Background: Home cooking has been a primary art of the domestic nature whereby wives/mothers supported the main role. Today, with the increase in career opportunities and busy lifestyles, the needs for conveniences have become the inevitable.

Objective: The aim of the study was to identify if there is a major association between health and nutritional benefits when home prepared meals are consumed on a regular basis.

Design: A total of 208 persons attending the University of the West Indies, St. Augustine Campus (males (n = 113) and females (n = 95)) were assessed. Data to be collected were obtained from a 5 page sectioned questionnaire which focused on demographics, perception, cooking habits and health status; questionnaire administration were completed over a two week period, however some were lost.

Results: Based on data collected from BMI values the majority of respondents appeared to be in the normal range, with few overweight and obese cases when compared to the frequency of fast food consumption, as opposed to meals consumed from home.

Conclusion: It remains somewhat inconclusive as to if meals prepared at home are ideally healthier, since data may have been skewed or research design was not viable.