

# A Literature Review on Accepting Food Education And Nutrition Habits Among Parents And Children

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**Abstract-** *“LET THE FOOD BE THE MEDICINE AND THE MEDICINE BE THE FOOD” as advised by Hippocrates more than 2000 years ago. The food is the source of all the components that makes up the human body. As we can see the difference in old research and new research findings that Food itself is changing from times to now. Food can do more than keep you healthy. Like the best modern medicines, it can also help heal what ails you. We tend to have numerous food and health nutrition questions arise every day in our lives, and the information available is often more confusing. Are artificial sweeteners used in foods are safe? Is sugar the major reason for diabetics? However, understanding nutrition education and applying it to our daily habits becomes the most difficult task for the people today. And so, the present study was undertaken to learn more healthy foods to parents and ways to promote the knowledge to their children with food education.*

## I. INTRODUCTION

Despande in 2009 states the food intake plays an important role and the most concerning factor is the eating behaviour and how parents and children are affected by their food choices and eating habits in modern society. Nowadays, global consumers are more concerned about the quality of their food they consume. Numerous studies have shown that the children and parents often have poor eating habits. His framework consists of five major levels that influence eating behaviour of parents and children, i.e., internal factor (food preference), external factor (friends, media and advertisement), economic factor (food prices), environment factor (fast food and vending machine) and psychological factor (emotional) which motivate or encourage people to eat certain foods that are interlinked with food habits. He examined that poor eating habits are an important public health issue that has a large health and economic implications.

In the child savers100 website, they have mentioned certain ways for promoting Healthy Nutrition Habits for Children. Many times, we think that “just a little” sugar won’t hurt. But the truth is that sugar is in almost everything we eat! More than 25 grams of added sugar each day has shown

effects on health such as reduces brain function, leads to over-eating, contributes to obesity, ruins our sensitivity to insulin and contributes to Type 2 Diabetes, promotes inflammation and sometimes leads to headaches. It also stated certain ways to reduce the sugar intake such as eliminate or drastically reduce sugary drinks, serve more vegetables and fruits, eat whole foods that aren’t processed, Cook more at home, Pack snacks ahead of time.

Elizabeth Cherian Paramesh and Haralappa Paramesh 2017, reviewed Types of Food and Nutrient Intake in India, said that nowadays India is undergoing good economic growth sometimes with a slow decline, almost stagnation, in malnutrition levels. In developing countries, studies on dietary patterns and their relationship with nutritional status are very low. Poor and monotonous cereals-based diet may promote inadequate nutrition intakes according to Recommended Daily Allowance (RDA) standards. Over the years some of the nutritional studies have been performed to explore different types of food consumed in various Indian regions, among different geographical samples. PubMed research focus on food intake and consumption levels in India have been included in this study. Food intake patterns showed that most of the Indians are vegetarians and that the main food items rich in micronutrients (pulses, other vegetables, fruits, nuts, oilseeds and animal foods) are generally consumed less frequently.

Wendelin Slusser, Michael Prelip and Chan Thai published an article on Challenges to parent nutrition education. This study was undertaken to learn more about parent’s knowledge based on healthy foods and the factors associated with food purchasing and preparation with nutrition education resources. And it also states the barriers to and promoters for establishing healthy eating habits for children and families through nutrition sessions under the areas of interest included what to purchase, how to cook healthier foods, how to encourage their children to eat healthier and how to read food labels. The most common barriers to eating healthy foods were cost, difficulty in getting children to eat healthier foods and easy access to fast food. Parents had a basic knowledge about what foods are healthy and received

most of their nutrition education through the media. The above information from the focus group interview was used to design a parent nutrition education programme to respond to the needs of the parents, on having the majority of people in mind who can manage the nutritional needs with low-income.

Concetta Nazzaro, Marco Lerro and Giuseppe Marotta proposed this paper on 2018 which focuses on the aspects able to encourage healthier and more responsible food habits. In particular, it explores the effects of different parental characteristics on children's food habits and lifestyle. Over the last decades, economic, social, and environmental changes have profoundly affected citizen-consumer's lifestyle and food habits. Current food habits encourage people either to eat more outside home or to a massive use of convenience foods. The consequence is the increasing rate of overweight and obesity through the population and in particular among children. The study focuses on these issues aiming at uncovering the aspects able to encourage healthier and more responsible food habits. Specifically, it explores the effects of different parental characteristics on children's food habits and lifestyle. The study findings reveal a positive effect of parental socio-demographic characteristics (i.e., education and occupation), diet awareness, and lifestyle on children's food habits and lifestyle, offering practical insights for regulators on how to promote healthier and more sustainable food habits among children.

Dr. Miral Dobariya in 2020 published a journal on a Survey Study on Dietary Habits of School Going Children and its Impact on their General Health and Immunity. She stated that in recent years, children food habit has become a major source of concern. Not only the faulty diet but also irregular time of diet, quality of homemade and outside prepared food (restaurant and street food), packet food i.e. biscuits, chocolates, this type of food affects the digestion and seems to compromise the body's immunity more in long term. Particular attention should be given by the parents for inaccurate food habits, aiming to correction of dietary habits. This survey reveals that majority of children are taking unwholesome faulty diets which reduce the immunity and lead to severe health issues.

Reema Mukherjee, Sanjay Chaturvedi studied about the dietary habits of school children in Pune city, Maharashtra, India on 2017. Diet and nutrition of children influence their current health status and scholastic performance and also have long term consequences reaching well into their adulthood. Further, diet preferences and practices acquired during childhood usually persist for life. Around 50% of the children were non-vegetarians and only around 6% were vegetarians. Around 70% of children consumed milk daily though a

majority insisted that milk is their least preferred food item. Only 5% children consumed green leafy vegetables daily. A majority of children consumed fruits two to six times. Snacks, fast food and processed food were the most preferred food by the children. Food habits acquired during childhood persist into adulthood and form the basis of either good health or ill health, as the case may be, in the coming years. Hence there is a need to educate parents, especially in the middle and higher socioeconomic groups regarding correct dietary habits for the children to ensure that they can live healthy and productive lives as adults.

Cometto Marina Paula and Arrieta Marina Patricia published a journal on the Study of Nutrition Habits in Primary School Students On 2020. They mentioned that the industrialization, urbanization, economic development and market globalization have led to lifestyle changes of the worldwide population. As a consequence, the nutritional habits have been changing during the last decades, characterized by an increase of fat intake, along with a decrease in cereals, fruits, legumes and vegetables consumption. Nutritional habits are established in early life and can have a significantly effect on the health of individuals in the long-term. Primary school represents an important time point in student's life, and in particular the recess at school is a time when they have their own responsibility regarding food choices. Nowadays, children are recognized as primary consumers, since they are able to make independent decisions and also purchases with their own money. Therefore, children have increasing participation in food choices and it has been shown that accessibility, price and availability are determinants in the foods children consume. Furthermore, it should be noted that food and nutrition is the responsibility of society, not just an individual or each family. Consequently, eating habits are having a significant impact on the health and nutritional status of populations, particularly in developing countries and countries in transition.

Maria Jose and Jonathan discussed the Influence of an Educational Intervention on Eating Habits in School-Aged Children on 2022. This research reinforces the role that schools play as a strategic sector in the improvement of health-related behaviour. A health promotion intervention directed at preventing unhealthy habits in relation to physical exercise, hygiene habits, diet and personal relationships can lead to a decrease in diseases during adulthood and obtaining a better quality of life. Educational interventions on healthy lifestyle habits carried out in children during their early years improve and correct unhealthy habits. In addition, the educational intervention includes several age groups considering children's cognitive and social development. There is no doubt that an adequate and healthy diet is essential during all stages

of life, but even more so during the stages of childhood growth and development. In this sense, this research provides further evidence that it is necessary to be aware of eating habits at these stages in order to understand their physiological and functional implications, and because it is at these stages that long-lasting eating habits are established, where many of these habits will be carried into adulthood. Overweight and obesity have been found to be more prevalent in children who eat sugary snacks and dairy products. Adequate nutrition and the establishment of healthy lifestyle habits in school children can help to not only prevent immediate health problems and promote a healthy lifestyle, but can also reduce the risk of developing future chronic diseases.

The reviewed from the nutrition and applied nutrition: an overview book states that the poor diet can have an injurious impact on health, causing deficiency diseases such as scurvy, beriberi, and kwashiorkor; health-threatening conditions like obesity and such common chronic systemic diseases as cardiovascular disease, diabetes, and osteoporosis. The human body is made up of chemical compounds, such as water, carbohydrates (sugar, starch, and fiber), amino acids (in proteins), fatty acids (in lipids), and nucleic acids (DNA RNA). These compounds, in turn, consist of elements such as carbon, hydrogen, oxygen, nitrogen, phosphorus, calcium, iron, zinc, magnesium, manganese, and so on. combinations (e.g. hormones/vitamins, phospholipids, hydroxyapatite), both in the All of these chemical compounds and elements occur in various forms and human body and in organisms (e.g. plants, animals) that humans eat.

## II. CONCLUSION

From the literature review of the authors discussed here, we can see that most of them insist in gaining nutrition knowledge and everyone said that making a person healthy is basically in their hands i.e., self-control and I would like to conclude that the simple and small adjustments to your everyday routine can do more than just make you healthier. It can also make you more aware of the overall quality of food that you are eating and providing others in the family.

### Best Ways to Promote Healthy Eating Habits,

First teach and show them that eating healthy is a benefit for them too and slowly make them do it. Be a role model to them since they follow your habits.

Give them two or three healthy options for eating and let them choose.

Cooking is a great way to promote healthy eating habits and make them get involved in the process of it.

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