

Study on snack intake characteristics of Korea elementary school students

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Abstract

To investigate the characteristics of Korea elementary school students' snack intake, elementary school sixth graders located in Chungnam, Daejeon and Sejong. A questionnaire survey was conducted for male & female students from September 1, 2018 to September 30, 2018. The questionnaires surveyed for the students were written by the students in the class after the guidance of the teacher. A total of 250 copies were distributed and 230 copies were collected. However, except for the questionnaire with unanswered questions, 49 copies of Daejeon, 73 copies of Sejong and 87 copies of Chungnam (209 copies) Respectively. The questionnaire used in this study was made with reference to the previous research. In the case of the student questionnaire, it consisted of four general areas of the student, dietary life and health related factors, snack consumption, eating habits. The distribution of male and female students was 102 male students and 107 female students. The number of accelerations was 149 (71.3%) in families with 3 ~ 4 and 1.4% in over 7. As a result of examining the BMI using the height and weight of the elementary school students, 84 (40.2%) students were below 18 and 17 (8.1%) students were over 25. The number of snacks consumed was 117 (56.3%) students twice a day, followed by 55 (26.4%) once a day and usually consumed snacks 1 or 2 times. These students were mainly consuming fruit snacks more than four times a week 51.2%, followed by milk and dairy products 47.8%. However, looking at the snack preference rate, male students preferred milk and dairy products, while female students favored fruit, so boys and girls preferred different snacks. In addition, only 17.4% of the students answered that they eat balanced meals at school, and 82.6% of the students answered that they were unbalanced eating at school. Many of these students eat snacks daily, but there is no correlation between snacking and eating unbalanced meal.

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