

Adolescent Girls Title: Assessment of Knowledge, Attitude and Practice about Balance Diet among in Noakhali Region Bangladesh- Muhammad Helal Uddin- Noakhali Science and Technology University, Bangladesh

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Abstract

Adolescence is the transition period between childhood and adulthood. It is one of the fastest growth periods of a person's life. During this stage, physical changes affect the body's nutritional needs while changes in lifestyle may affect eating habits and food choices. A well-balanced diet provides important vitamins, minerals, and nutrients to keep the body and mind strong and healthy. It also means getting the right amount of nutrition to support growth and development. A well-balanced diet contains nutrient-rich foods from all the food groups. Many adolescents experience a growth spurt and an increase in appetite and need healthy foods to meet their growth needs. Adolescence is a significant period for physical growth and sexual maturation. Nutrition being an important determinant of physical growth of adolescents is an important area that needs attention. Adequate nutrition plays a very important role in maintaining good health. The present study was an attempt to assess the knowledge regarding balance diet needs to maintain good health and also to gain an insight into food behavior and practices among adolescent girls (Barooah, 2012). All the required baseline information was collected using standard methods. Knowledge- Attitude- Practice (KAP) assessment was made by structured questionnaire regarding basic nutrition, balance diet, eating habit, sanitation and hygiene accordingly. All required statistical work has been carried SPSS. The results of the study revealed that 45.6% adolescent girls had good knowledge, 42.7% adolescent had positive attitude and only 4.5% adolescent girls had good practice regarding balance diet. The study result also shows that 41.2%, 43.3%, 12.0% and 3.5% adolescent girls were underweight, normal, overweight and obese respectively.

In the present review, we will discuss eating from a health psychology perspective. In particular, we will discuss why and how people regulate their food intake while taking into consideration the health consequences of this behaviour, either as interpreted by health professionals or by themselves. Considering that people may eat for many other reasons than for improving their health (Verhoeven, Adriaanse, De Vet, Fennis, & De Ridder, 2015), we will from this point onwards use the term 'diet' when people eat for health reasons. By diet we mean a pattern of food intake that meets certain demands that are relevant to weight or health. Diet

is different from eating behaviour which we consider as a more unconstrained behaviour that may be guided by individual habits or ingrained social and cultural standards but not so much by distinct requirements. In view of such requirements, people cannot afford to simply eat what is on their plate or what they like, but have to base their food choices in consideration of the health consequences, including weight status. In other words, they have to regulate their food in view of a short-term or long-term health goal. The psychological literature on self-regulation has documented that this is not an easy task, especially because health goals may be forgotten in the heat of the moment, as when one is standing face to face with a delicious chocolate cake. This review is organised in six sections. We will first discuss which kind of eating patterns are defined as a healthy diet, how these insights are communicated to the public, and the public's understanding of professional recommendations for healthy diet. Second, we discuss what is known about the effect of certain nutrients and foods on weight status and health. Third, we will discuss how many people and the type of people who are able and willing to regulate their food intake from a health perspective and adhere to recommendations for healthy diet. Fourth, we continue with an overview of psychological and environmental determinants of healthy diet. Fifth, we consider psychological interventions that have been designed to improve healthy diet. The sixth and final section identifies issues that stand out for future research on the psychology of healthy diet.

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