The Influence of Food in Intake Patterns to the Personal Appearance

Dalilah Mohd Rubi*
Abu Bakar Mamat
Nur Ainil Sulaiman
Suriani Mohamed
Noor Ashikin Othman

Sultan Idris University of Education (UPSI)
Malaysia Home Economics Association (MHEA)
E-mail: dalilah@fptv.upsi.edu.my*

Abstract

The purpose of this study is to identify the daily pattern of food intake taken by an individual with reference to Food Guide Pyramid that influences on a person's appearance. This study also aims to identify the respondents' perception of the course related. In addition, this study also identifies the relationship between food intake patterns with personal appearance by comparing with Body Mass Index. One hundred students under graduates from the Bachelor Education of Living Skills program in Sultan Idris University of Education, Malaysia participated in this study selected randomly using Krejcie dan Morgan formula. The finding of this study showed a weak relationship between Food Guide Pyramid with daily food intake patterns and there is no relation between food intake pattern with personal appearance. The finding also indicates respondent having good self appearance from physical aspect instead of non physical with mean score exceeding 2.5, where 62.8% respondent having normal weight, 23.1% has excessive body weight and only 14.1% having under weight and no obese. In conclusion, the research found that the respondents' perception towards the related course is at adequate level and relevantly. However the food intake pattern is still not affected by Food Guide Pyramid as a reference. It has been awareness identified that respondents are still at moderate level on the daily food intake, number of meal's taken per day and the value of nutritious meal and choosing the right way of cooking style that suites different type of food.

KEY WORDS: Influence, Food Intake Pattern, Appearance

Introduction

Food as essential needs for human being have a major influence on the aspect of physiology development, psychology, physical and social for each person. Balanced and a good food intake depends on body need , suitable with activity , gender and role of a person will determine the amount of total portion or meal taken in order to achieve the optimum level of good health. The right nutrition pattern and follow the complete daily dish will have a large implication for person's appearance from the   physical aspect and non physical aspect and his appearance, in verbal way spirituality within himself will give self-confidence (self esteem). This is very important because have a major impact on a person's success in his life. Eat from things good more legitimate and accomplish charity pious is recommended and politeness guide eat and drink before and after that other than nutrition type that can and should take.

Background study

Based on Food Guide Pyramid, food can help a person to determine type of food, portion of the   food or source of food that can and should be taken by him or her. An exposure about this matter and how to identify it has been studied by Sultan Idris University of Education (UPSI) student in Food Management and Cookery course. Groups of students which comprise from male and female student from Bachelor Education in Living Skills with Honor that have various academic background, for example diploma holders from Food Service and Management, Culinary Art , Food-services, Food Technology, Electric Technology, Mechanical Engineering, Landscape, Trade, Fashion Design, Ceramics, Textile, Agriculture, Forestry, Veterinary and Higher Certificate Malaysian Examination (HSC) holder from science and art/literature streams.Their appearance from the physically aspect can be considered good , but sometimes change in, from the aspect of body shape, clothing selection, communication and interpersonal skills are lacking although they already have a knowledge of food preference refer to Food Guide Pyramid .

A person's appearance is the first thing seen by other, the way an image is been shown is most influence by body shape whether that person seem thin and short, thin and high, dumpy, fat and high or have an ideal body shape refers to Body Mass Index (BMI)According to the National Heart, Lung, and Blood Institute (NHLBI), body mass index (BMI) is a measure of body fat based on height and weight that applies to both adult men and women. According to the National Heart, Lung, and Blood Institute (NHLBI), a body mass index (BMI) of less than 18.5 is considered underweight. A healthy BMI for adults is between 18.5 and 24.9. BMI ranges are based on what impact body weight has on disease risk and death. According to the National Heart, Lung, and Blood Institute (NHLBI), a body mass index (BMI) of 25 to 29.9 is considered overweight. A healthy BMI for adults is between 18.5 and 24.9. BMI ranges are based on what impact body weight has on disease risk and death. According to the National Heart, Lung, and Blood Institute (NHLBI), a body mass index (BMI) of 30 or greater is considered obese.

A healthy BMI for adults is between 18.5 and 24.9. BMI ranges are based on what impact body weight has on disease risk and death According to Steven B. Halls, MD (2006) Body Mass Index (BMI) can be used to indicate if you are overweight, obese, underweight or normal. It will, however, overestimate fatness in people who are muscular or athletic. Because of these problems, this body mass index calculator shows extra statistics to help you be informed and judge your own body compared to others of the same height and age. Also offered are average weight and height charts and Body Mass Index charts, which show data you just can't find anywhere else.Women tend to believe they look their best at values BMI between 20 to 22 and men are usually satisfied with a BMI of 23 to 25. If your BMI is between 17 to 22, your life expectancy is longer than average. You don't need to lose weight. If your BMI is between 23 and 25, you are not considered overweight by most people.

But if your BMI is 26 or more, that's not good. It's unhealthy to have anxiety over a less-than-perfect body image. And, if this calculator's description of your body seems wrong for you, just trust your own judgment. A healthy mental attitude is just as important as physical fitness. Body shape appearance also will determine for suitable clothing election with their role. If previously that person is seen to have good appearance or otherwise , and blurted out it participate with the image quite adverse , less interesting or otherwise, then necessary study what is caused the thing that the incident and did positive impact or negative impact undergo by stated individual. First thing that need to interrogate is 'are you taking a balanced / unsavory nutrition or unbalanced?', 'are you taking to much food?' or 'are you eating fatty food?'. How you take food in a day? Did you feel gloomy and isolated or you feel so active and happy? This matters particle suffixed to the emphatic word in sentence become inspiration of this study.

Problem Statement

This study is important to know as far as where students who have deep knowledge and experience about food preference and use stated skill in determining food intake pattern design diurnal because it's implication is then would have good appearance physically and mentally and this related with the objective to produce individual who have the high humanity skill.To identify food intake pattern diurnal by a person, it should refer to Food Pyramid and its impact to a present appearance physically in the aspect of body shape, either standard or no standard or with problem and its impact for interpersonal and intra personal thus its relationship for somebody success from the aspect of not non-physical for example have 'self esteem' , brisker, lacked self-confidence, coyer, bolder , more fashionable, less fashionable, good communication on skill or have the high humanity skill in order to be good to self, family, society, race and religion. According to Benno Krachler, Mats Eliasson, Hans Stenlund, Ingegerd Johansson, Göran Hallman and Bernt Lindah , Department of Medicine, Kalix Hospital, Kalix, Sweden in their research about ' *Food Intake and Distribution of Body Fat: a repeated cross-sectional study* found that ' Time trends in reported food consumption associated with the more favorable gynoid distribution of adipose tissue were increased use of vegetable oil, pasta and 1.5% fat milk. Trends associated with abdominal obesity were increased consumption of beer in men and higher intake of hamburgers and French fried potatoes in women.

According to Willing to Anderson (1988), 'attitude is a medium emotion that drive somebody to act either to support or reject when faced with a object or situation with proper attitude needed before somebody achieve on interest status, value, choices and self appreciation that can be shaped from learning and experience ' (Fishbein And Ajzen, 1975) This statement have its relation with internal strength in each individual that make decision a big implication in order to stay on the right track and have no detrimental to any party. Saying have said *" you are what you eat "* . Abraham Lincoln (1809-1865) says '. *I have always believed that a good laugh was good for both the mental and physical digestion'*

Purpose of the study

The general purpose of this study is to identify as far as where pattern nutrition taken by individual influence on his or her appearance physically and non- physically (mentally)

The purpose of this study are :

- To know what was food intake pattern diurnal taken by the respondent based on Food Pyramid.
- To know what was features of diurnal food intake pattern taken by the respondent
- To identify how food intake pattern influence a person's appearance from physical side and non physical aspect
- To identify how food intake pattern influence positive and negative effect to the personal appearance from physical side and non physical aspect
- To identify relationship between knowledge level in food and nutrition with food intake pattern.
- To know the relationship between food intake pattern and the personal appearance in humanity skill aspect.

Research Question

Research question was to ascertain whether pattern or pattern recruitment intake taken will influence person appearance physically or non- physically.

- What is food intake pattern diurnal taken by the respondent based on Food Pyramid.
- What is the features of diurnal food intake pattern taken by the respondent
- How food intake pattern influence a person's appearance from physical side and non physical aspect
- How food intake pattern influence positive and negative effect to the personal appearance from physical side and non physical aspect
- What is the relationship between knowledge level in food and nutrition with food intake pattern.
- What is the relationship between food intake pattern and the personal appearance in humanity skill aspect.

Research Interest

This study is important to create awareness about food intake pattern and how it will affect a person's appearance physically and non physically.

It also emphasizes on the significant of knowledge about food intake and management to apply it into our daily

Therefore this research finding hoped that can give picture well-defined that required attention or follow-up what is should be done to tackle problem that could affect Malaysians level of health to ensure human capital quality that quality have the skill humanity and value to achieve university vision, country and race.

Literature Review

Researched by Lai Yeung ,Wai-ling, Theresa (2005) Principals views of the role of schools in healthy eating and nutrition education for adolescents in Hong Kong found that the majority (94%) of principals felt that even with acquisition of food knowledge, students may note be able to put theory into practice. Cooking skills were considered important in general (92%), boot principals (92%) thought that transmission of cooking skills the responsibility of the families. More principals (44%) considered family as the most influential factor over students eating habits, and most of them (94%) believed that school-family collaboration is important in promoting healthy eating.According to S.J.Passi[1], S.C. Manchanda[2], R Lakshmi[2], K. Paintal[1], P. Kapur IN FOOD PREFERENCES, DIETARY PATTERNS AND MACRO-/ MICRONUTRIENT INTAKE OF ADOLESCENTS BELONGING TO AFFLUENT FAMILIES . The data revealed that majority of the subjects had aberrations in their dietary habits – regular bingeing being reported by nearly 48% irrespective of their age and gender.

The consumption of fruits and raw vegetables (salads) was in general low, while the intake of fried/processed foods and high calorie desserts was rather frequent. 87.5% of the subjects preferred eating outside their homes, particularly from the school canteens – indicating that there was a strong peer group influence on their food related behaviors.Data on energy intake patterns exhibited both high as well as low intakes, lower intakes being more common amongst the girls. As compared to the RDA, energy and protein intake was found to be higher in the younger age groups (13-15 years) than the older ones (16-18 years; $p=\leq0.001$). However, with regard to total fat, the boys had a higher intake of fat/ fat rich foods as compared to the girls ($p<0.001$); further, the mean fat intake was higher in the older age groups. Majority of the adolescents were consuming diets low in vitamins, minerals and dietary fiber ($p<0.01$). Conclusion: In view of a sizeable proportion of the subjects exhibiting dietary errors, concerted efforts are required for improving the intake of vitamin A rich foods particularly the vegetable and fruits.

According to Benno Krachler dari Department of Medicine, Kalix Hospital, Kalix, Sweden reported **' Food intake and distribution of body fat: a repeated cross-sectional study** 'published within the *Nutrition Journal 2006* found that 'Time trends in reported food consumption associated with the more favourable gynoid distribution of adipose tissue were increased use of vegetable oil, pasta and 1.5% fat milk. Trends associated with abdominal obesity were increased consumption of beer in men and higher intake of hamburgers and French fried potatoes in women. In the conclusion found that Food trends as markers of time trends in body fat distribution have been identified. The method is a complement to conventional approaches to establish associations between food intake and disease risk on a population level.

Research by Jennifer A Linde**,** Jennifer Utter**,** Robert W Jeffery[1]'Nancy E Sherwood**,** Nicolaas P Pronk and Raymond G Boyle [from] Division of Epidemiology and Community Health, School of Public Health, University of Minnesota, Minneapolis, MN, USA, School of Population Health, University of Auckland, New Zealand, Health Partners Research Foundation, Minneapolis, MN, USA in their study entitled ' Specific food intake, fat and fiber intake, and behavioral correlates of BMI among overweight and obese members of a managed care organization ' published within the *International Journal of Behavioral Nutrition and Physical Activity* 2006, **3:**42doi:10.1186/1479 found that , hamburger and beef consumption were associated with higher BMI for men; for women, hamburger, fried chicken, hot dog, bacon or sausage, egg, French fry, and overall fat consumption were associated with higher BMI, while eating high fiber cereal, fruit, and overall fiber intake were associated with lower BMI. Virtually all forms of weight control behavior were reported more often in heavier people. Subscribing to exercise magazines, however, was associated with lower BMI. Decreased fat intake and increased fruit/vegetable/fiber intake over the course of the study were associated with reductions in BMI at 24 months.

According to Hee-Chung Chung from the Department of Education of Home Economics, Dong-Gook University, Seoul Korea in their study entitled ' The Degree of The Satisfaction of Food Behavior and the Traditional Food found that ' Degree of satisfaction to food behaviors, male (67%) are satisfied more than female (61%) significantly. Female are unsatisfied strongly on 13 items, among which the worst unsatisfied are a convenience food and an unbalance diet. Both male and female worried much to have not breakfast. And male and female recognize to keep their body healthy with the exercises.

Research Design

Methodology
This research is survey research study that is done using quantitative method and data is analyzed and explain descriptively. This study give emphasis to determination on the relationship between variables.

Population
Study population comprises of students from Bachelor Education Living Skills program from Sultan Idris University of Education, Malaysia which include groups of male and female students.

Sample
100 male and female students from Program Bachelor Education Living Skill from semester IV and V selected randomly using Krejcie dan Morgan formula.

Instrument
Use questionnaire form observation, status body calculation using 'Body Mass index' (BMI) schedule and referring to Food Pyramid. This study use questionnaire instrument formed based on past related research. Instrument contains items that related to:

A : Personal information / respondents back ground ; 2) B : Investigate knowledge factor 3) C : Food Intake Pattern daily questionnaire respondent. Respondents are required to reply questions about their food intake pattern diurnal according to Food Pyramid Guide. They must answers ' Yes ' , ' Less ' OR ' No ' for questions relating or indicate (X) in numbered box for level in Food Pyramid that are provided . It also need the respondents to choose main course according to their preference.

> Level 1   - source of carbohydrate (tuber, cereal, cereal product such as rice, me, bread etc)
> Level 2   - source of vitamin and rock salt (vegetables and fruits)
> Level 3   - source of protein (Beef, goat, rabbit, poultry, bird, fish, legume, dairy-products, egg etc)
> Level 4   - fat resource (oil, butter, sugar etc)

Part D : Respondent's Personal Appearance. This part consists of questions about Respondent's Personal effects from their food intake from physical side, non - physical and respondent attitude. They must answers ' Yes ', ' Less ' OR ' No ' to the question

1   Very Not Agree (STS)
2   Not Agree (TS)
3   Agree (S)
4   Really Agree (SS)

Analysis

Data's analysis is made using SPSSPC and translated by descriptive statistics with arrangement percentage and mean to know the food intake pattern . Mean 2.5 and above show a good food intake pattern according to pyramid guide, while 2.5 below show adverse food intake pattern, while to see relationship also, coefficient coloration Pearson 'r' is used.

Research Finding

Research finding shows that they were an insignificant relation with the value coefficient correlation p = .255 between Body Mass Index (BMI) status and food intake from the source of vegetables and fruits. The result also shows that the increasingly status of BMI, then the dwindling of vegetables and fruits intake. There is no relation between food intake pattern with appearance person, finding also shows that respondent appearance from the physical aspect is good and no respondent experience obesity. The finding of this study showed a weak relationship between Food Guide Pyramid with daily food intake patterns. Result also shows that respondent perception towards the Food Management course is in a good level, pattern and feature of daily food intake of the respondent is positive with score mean exceed 2.5, this shows that the respondent did applied on what they have learn in choosing and taking food.

Conclusions and Summary

This chapter will discuss about the summary of the research based on its objectives. The conclusion was made based on findings and discussion stated in chapter IV. Factors such as respondents' background, perception towards the course and food intake pattern has been identified. The suggestions made by the researcher cab be useful in the future time especially in food and nutrition filed. As a conclusion, respondent appearance from the physical aspect is good with the status of ideal body shape (62.8%) and no respondent experience obesity, from the non-physical aspect, finding shows that the respondent behave positively and they have a good human skill. The students are also good in choosing wardrobe and can take care of their beauty and health wisely with score mean exceed 2.5

Background

The respondents consist of 25 male (32.1%) and 53 female (67.9%) students. Majority are Malay (91.0%) aged between 20-22 years old (76.9%), 23-25 years old (20.5%) and only 2.6% are above 26 years old. It shows that Living Skills Course is still dominated by female students, that are in their early 20's/

BMI Status

From the aspect of BMI status, the findings show that 62.8% of the respondents have an ideal/normal weight, 23.1% are overweight and 14.1% are underweight. As for body shape, 33.3% of the respondents have an ideal body shape, 46.3% are in standard level and 20.4% have body shape problem.

Graph of % BMI Status 62.8% normal weight, 23.1% over weight and 14.1% having under weight
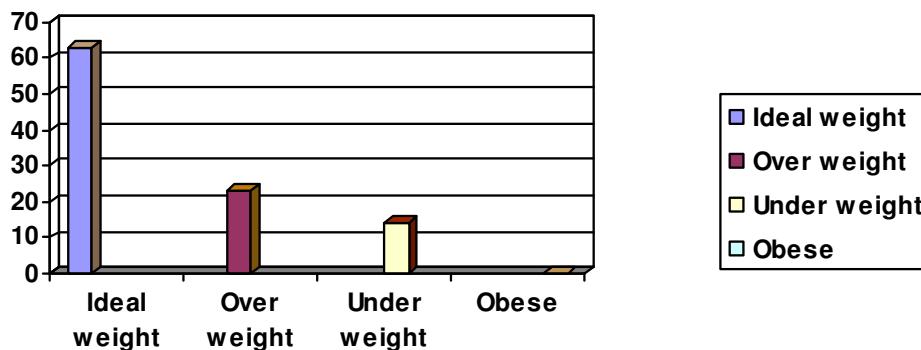
Daily Food Intake Pattern According to Food Pyramid

Based on Food Pyramid, the respondents' food intake pattern are good for carbohydrate source with the min score of 3.5. On the other hand, intakes for vitamin, mineral, protein sources are still lacking. As for fat source, it is in moderate level with the min score of 2.03. This findings show that the respondents are still lacking and in moderate level for daily food intake, number of food serving, and intake for nutrition food like what has been suggested by Food Pyramid. It also identifies the respondents' food intake criteria from aspects of choices of food, beverages, style of cooking, type of food. This findings show that the respondents are still lacking and in moderate level for daily food intake, number of food serving, and intake for nutrition food like what has been suggested by Food Pyramid.

Graph of Daily Food Intake Pattern According to Food Pyramid
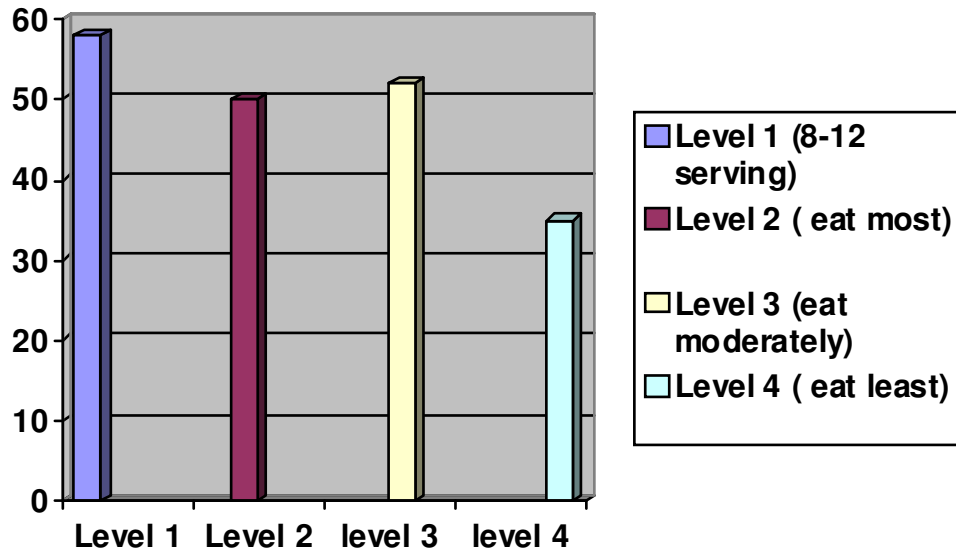
Perception towards the course

The respondents' perception towards Food Management Course from the aspect of content, knowledge, skills and level of acceptance are good. The content is understandable, relevant and appropriate. Overall, the respondents' perception toward Food Management is good.

Graph of Course Acceptance
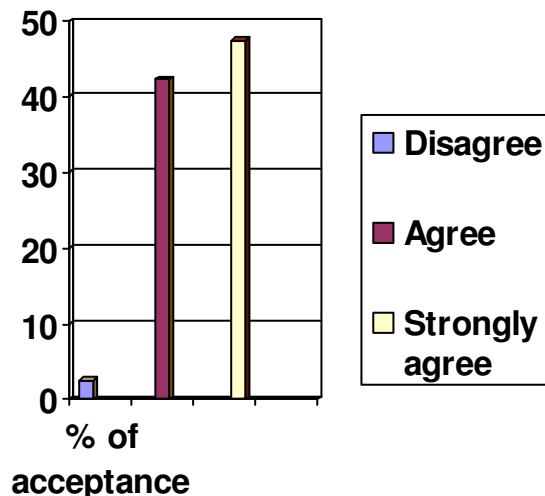
Conclusion

As a conclusion, this findings show that respondents' appearance physically are good and no respondents is obese. Daily food intake pattern and criteria of the respondents are good which more than 50%. Food management is good from all aspect. The effect of respondents' food intake pattern on their physical appearance is good but there is no obesity. Overall, the findings of this study is not complete and adequate but it be a guidance and reference to others in this field to be more aware of food intake habit.

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