# 摘要

大学生的饮食习惯在现代生活压力下对健康和学业表现具有重要影响。然而，目前对这些习惯的影响因素了解不足，现有研究往往忽视了学生饮食行为的综合方面。本文采用混合方法，结合量化调查和质性访谈，以填补这一空白。研究目的是全面了解大学生的饮食习惯及其影响因素，以便为制定针对性的干预措施和政策提供依据。本研究的意义在于通过促进健康饮食行为来提升公共健康和学术环境。

研究问题集中在识别大学生的整体饮食结构和营养摄入、主要影响因素以及不同年级、专业和性别学生的饮食健康差异。研究步骤如下：首先，通过量化调查收集广泛的饮食习惯和影响因素数据；其次，进行质性访谈以获取更深入的见解；最后，结合分析数据以得出全面结论。

研究结果揭示了大学生饮食行为和影响因素的显著模式。结论强调了促进健康饮食习惯的必要性。本研究的理论意义在于填补现有文献的空白，其实践价值在于指导政策制定和机构策略，以创建支持健康饮食的环境。

**关键词：**大学生;饮食习惯;营养;健康干预

# Abstract

The dietary habits of college students are increasingly important due to their impact on health and academic performance amidst the pressures of modern life. However, there is a significant gap in understanding the factors influencing these habits, as existing studies often overlook comprehensive aspects of students' dietary behaviors. This study employs a mixed-methods approach, integrating quantitative surveys and qualitative interviews, to address this gap. The objective is to gain a holistic understanding of college students' dietary habits and the factors influencing them, aiming to inform targeted interventions and policies. The significance of this research lies in its potential to enhance public health and academic environments by promoting healthier eating behaviors.

The research questions focus on identifying the overall dietary structure and nutritional intake of college students, the main factors influencing their dietary habits, and the differences in dietary health among students of different years, majors, and genders. The study follows a systematic approach: first, conducting quantitative surveys to gather broad data on dietary habits and influencing factors; second, performing qualitative interviews to gain deeper insights; and finally, analyzing the combined data to draw comprehensive conclusions.

The findings reveal significant patterns in dietary behaviors and influencing factors among college students. The conclusions highlight the need for targeted interventions to promote healthier eating habits. This study's theoretical significance lies in filling gaps in existing literature, while its practical value includes guiding policy-making and institutional strategies to foster supportive environments for healthy eating.

**Key words:** College Students; Dietary Habits; Nutrition; Health Interventions

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