

COMMUNITY SERVICE PROJECT REPORT

on

“FOOD HABITS”

Submitted in partial fulfillment of requirement for the award of the
degree of

BACHELOR OF TECHNOLOGY IN COMPUTER SCIENCE AND ENGINEERING

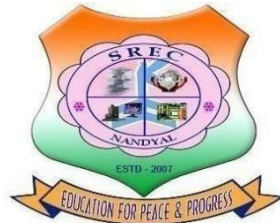
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Under the Esteemed Guidance of

Dr.S.Md.Farooq,M.Tech(Ph.D)

Assistant Professor of CSE Dept



DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING

SANTHIRAM ENGINEERING COLLEGE::NANDYAL (AUTONOMOUS)

Approved by AICTE: New Delhi, 2(f) & 12(B) recognition by UGC Act, 1956

Accredited by NAAC (Grade-A), Accredited by NBA (ECE & CSE)

ISO 9001:2015 Certified Institution, Permanently Affiliated to JNT University,
Ananthapuramu.NH-40, Nandyal - 518501, A. P.

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ACADEMIC YEAR: 2024-2025

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DEPARTMENT OF COMPUTER SCIENCE & ENGINEERING

CERTIFICATE

This is to certify that the dissertation entitled “FOOD HABITS” is being submitted by G.Md.Elaheed (22X51A0541), J. Venkat Reddy (22X51A0548), A. Praveen Kumar (22X51A0505), G. Siva Shankar (22X51A0539), K. Sai Prasad Reddy (22X55A0505), fulfillment of the award of the Degree of Bachelor of Technology in COMPUTER SCIENCE AND ENGINEERING in the SANTHIRAM ENGINEERING COLLEGE, Nandyal (Affiliated to J.N.T. University, Ananthapur) is a record of bonafied work carried out by them under our guidance and supervision.

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for
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Period of CSP : From: 08-05-2024 To: 21-06-2024

Name & Address of the

Community/Habitation : Bethamcherla, BETHAMCHERLA MANDAL,
NANDYAL DISTRICT

Community Service Project Report

Submitted in accordance with the requirement for the degree of B. TECH

Name of the college : Santhiram Engineering College

Department : Computer Science & Engineering

Name of the Faculty Guide : Dr.S.Md.Farooq M.Tech(Ph.d),
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Student's Declaration

We are G.Md.Elaheed , J. Venkat Reddy, A.Praveen Kumar, G.Siva Shankar , K.Sai Prasad Reddy, students of B .Tech Program Reg. no. 22X51A0541, 22X51A0548, 22X51A0505, 22X51A0539, 22X51A0550, of the Department of Computer Science & Engineering College do here by declare that we have completed the mandatory community service from 08-05- 2024 to 21-06-2024 in BETHAMCHERLA, under the Faculty Guideship of Dr.S.Md. Farooq ,M. Tech(Ph.D), Department of Computer Science and Engineering in Santhiram Engineering College.

Signature of students

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J.Venkat Reddy	-
A.Praveen Kumar	-
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Head of the Department

Principal

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An endeavour of a long period can be successful only with the advice of many well-wishers. I take this opportunity to express my deep gratitude and appreciation to all those who encouraged for successful completion of the project.

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We wish to convey my gratitude and express sincere thanks to all P.R.C (Project Review Committee) members for their support and Co-operation rendered for successful submission of my project work.

We wish to express my sincere gratitude to Sri **Dr.M.V.SUBRAMANYAM** Garu, Principal of SREC, Nandyal for his consistent help and encouragement to complete the project.

Finally, we would like to express our sincere thanks to faculty members of C.S.E. Department, parents and lab technicians, one and all who have helped to complete the project work successful.

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To become a nucleus for pursuing technical education and pool industrial research and developmental activities with social-conscious and global standards.

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4. To encourage the spirit of entrepreneurship and adaptability in our students in view of the ever-changing scenario of the Software Industry.

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ABSTRACT

Healthy eating contributes to an overall sense of well-being, and is a cornerstone in the prevention of a number of conditions, including heart diseases, high blood pressure etc. We conducted the survey in Bethamcherla village, Bethamcherla Mandal, Nandyal District. The main purpose of this study is to determine how the people eating their food, whether they take healthy food or not, in a proper way and to investigate the food choices of different people and the determinates of their food choices in the village of Bethamcherla which is located in Bethamcherla mandal. We also determine the food habits of different age groups. The study found that youngsters are mostly like to eat modern food, spicy food and non-vegetarian food. The determinates of food choices such as good taste, healthy food, low cost, good quality, and convenience food found very important for choose or like a food. This study also includes the food customs that must be followed while eating. Today the youngsters feels eating modern food such as pizza, burger prestige issue than buying the traditional food is oldest habit it also spoil food habits among youngster. This study is helpful for maintaining healthy diet and for building healthy food habits to keep our body healthy.

CHAPTER 1

EXECUTIVE SUMMARY

1. Introduction:

Bethamcherla is a gram panchayat located in Bethamcherla Mandal of Nandyal District in Andhra Pradesh. The total population of this village is 2900 and a Government Primary and Secondary School is located. As we know in villages so many illiterate people are there. They don't know some healthy food habits and food customs which play a precious role in our daily life.

In Bethamcherla, so many people are there. We surveyed the people and make awareness to the people about healthy food habits.

Learning Objectives:

Primary Objectives:

1. To study about the food habits among the people with respect to their buying habits.
2. To know and understand the different food customs that are followed by the people.

Secondary Objectives:

Learning outcomes:

1. Positive impact to my academic learning.
2. Improves my ability to apply what I have learned in "the real world".
3. Improved ability to understand complexity and ambiguity.
4. Improved social responsibility and citizenship skill.
5. Improves communication, interpersonal, and thinking skills.

CHAPTER 2

OVERVIEW OF THE COMMUNITY

Bethamcherla is a town with Nagar panchayat civic status and mandal headquarters located in Nandyal district of the Indian state of Andhra Pradesh. It comes under Dhone assembly constituency and Nandyal Parliament Constituency. Bethamcherla is a Census Town city in district of Kurnool, Andhra Pradesh. The Bethamcherla Census Town has population of 38,994 of which 19,424 are males while 19,570 are females as per report released by Census India 2011.

Population of Children with age of 0-6 is 4882 which is 12.52 % of total population of Bethamcherla (CT). In Bethamcherla Census Town, Female Sex Ratio is of 1008 against state average of 993. Moreover Child Sex Ratio in Bethamcherla is around 940 compared to Andhra Pradesh state average of 939. Literacy rate of Bethamcherla city is 65.60 % lower than state average of 67.02 %. In Bethamcherla, Male literacy is around 75.03 % while female literacy rate is 56.34 %

Traditions:

In this village traditional festivals like Ugadi, Diwali, Ramzan, Bakrid, and Christmas are celebrated by all the people with a brotherhood feeling.

Experience:

We have a great experience in that village, where they receive us with so much love and affection. The people in the village are so much affectionate and good. We are so happy for doing the Community Service Project in Bethamcherla.



Fig 2.1: Location of Bethamcherla Village

CHAPTER 3

COMMUNITY SERVICE PART

Introduction:

It is well known and documented that diet and nutrition play important roles in maintaining health and preventing diseases. Adequate nutrition during childhood is important to physical growth and optimal health. Many studies, however, have reported inadequate nutrient intakes and poor eating habits of school-aged children. Poor eating habits of school-aged children include not eating a variety of foods, eating snacks that are high in fat or sugar, frequent consumption of instant foods and skipping breakfast. An increase in working mothers, economic growth and lifestyle changes have altered dietary patterns. The percentage of children taking part in family meals had decreased and children who eat alone had increased. Children eating alone, compared with those eating with family members, had meals with fewer side dishes and were less satisfied. Family meals are defined as meals eaten with all or most family members. Family meals serve several purposes: time for communication and interaction with family members, observation and opportunity to learn from parents, and time to eat together, resulting in the possibility to build family bonds and receive emotional and psychological support. The evening meal is important as it provides a significant portion of nutrient intakes compared to other meals and snacks. A study reported that elementary school students more commonly shared a family meal at dinner than other meals.

Food Habits in India:

The term eating habits refers to the why and how people eat, which foods they eat, and with whom they eat, as well as the ways people obtain, store, use, and discard food. The Food Habits of a group of people /community describes the reasons for eating, methods used while eating, the types of food eaten, and the mode of storage. The type food that people eat relates to their culture, religion, country, or the state they live in. During summer season one should have cooling vegetables like Tinda, cucumber, lemon, and bitter gourd available. They will help you save from dehydration. Avoid eating raw food like salads, which are not stored at appropriate temperature. We tend to use more ice and frozen beverages to cool ourselves, but when you tend to drink cold water, your body will warm it up, it will not give a cooling effect to our body. Having plenty of water is the key to saving ourselves from dehydration.

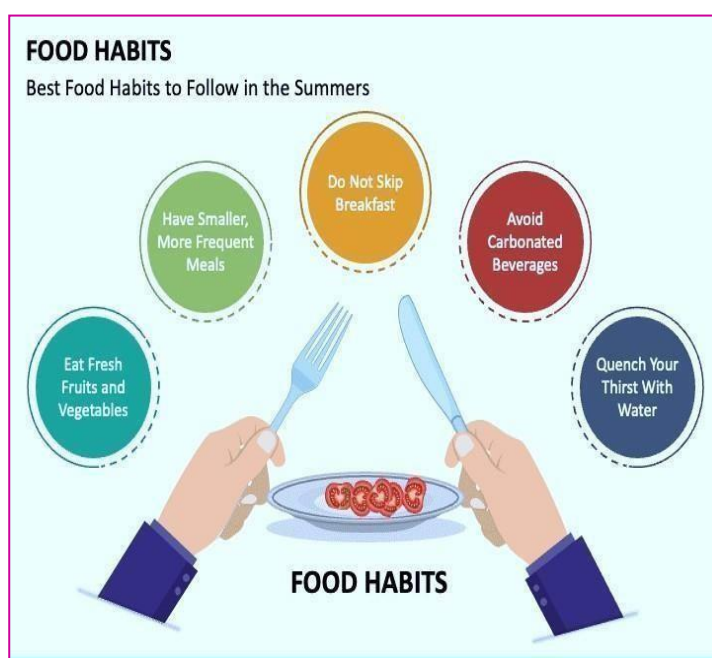


Fig 3.1.1: Food habits to follow in summer

During summer season don't skip breakfast because if you skip a meal your body doesn't know when its next meal is coming. For some reasons, one of the hardest thing for a human to do is to eat right. Whether that is because we have limited access to resources in all areas or if it is because we simply have too much access to unhealthy food, there are many reasons that eating healthy is a challenge. Sure, we can eat just about anything and it will sustain us. We will manage to move from one moment to the next and be able to call ourselves healthy. It is unbelievably important to form healthy eating habits early on in life, or at least, as early as possible to prevent any future issues from occurring. All of us need to take more responsibility for what we put into our bodies, because if we don't, it can become extremely dangerous. The life style of eating habits changes from traditional food to western food that means fast food. India is traditional values of culture, spiritual and different languages. Here different food cuisines are available each and every state has its traditional cuisines of food varieties.

How to build healthy Food Habits?

A healthy diet is essential for good health and nutrition especially for children. A healthy diet is a diet that maintains or improves overall health. Changes occurring in food culture indicates the changes in the cultural environment of the society. The most important factor effecting health is

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life style. When it comes to eating, many of us have developed habits. Some are good and some are not so good. The best way to ensure you're eating healthily is to eat a wide variety of different kinds of food. . Healthy food does not only impact our physical health but mental health too. When we intake healthy fruits and vegetables that are full of nutrients, we reduce the chance of diseases. For instance, green vegetables help us to maintain strength and vigor. Healthy food contains all the necessary elements for our body like protein, vitamin, fats, and carbohydrates, etc. So we have to take healthy food in order to keep our body healthy.



Fig 3.2.2: Healthy Food Habits

The following are the some approaches to make our diet healthier

1. Choose foods and beverages from all food groups such as vegetables, fruits, grains, dairy and proteins not just one or two of them.
2. Try to eat and drink right amounts for you.
3. Replace your unhealthy eating habits with healthier ones.
4. Eat only when you're truly hungry instead of when you are tired, anxious or feeling an emotion besides hunger.

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5. Plan meals ahead of time to ensure that you eat a healthy well-balanced meal.

Food Customs in India:

Food culture can be defined as habits, rituals, practices, belief systems, values, lifestyle, traditions, and customs centered around growing, producing, procuring, cooking, eating, serving, and celebrating food. The food culture is influenced by individuals or small networks and institutions, such as families, or large ones, such as societies, companies, and countries.

Food customs describes the food related traditions and trends of ethnic and religious groups throughout the world. Countries around the world have their own different cultures, cuisines and traditions. The following are the some of the food customs that are followed in India:

- Eating food with right hand
- Serving food in Banana Leaves
- Food offered to Go

Eating Food with right hand:

In India eating is supposed to be a sensory experience, and it is said that the nerve endings in your fingertips stimulate digestion. So, touching your food sends signals to your stomach to prepare for food. Even though eating food with hands is preferred, traditionally, food should always be eaten with right hand and never the left. It is a sign of disrespect to use your left hand to eat as it is considered to be unclean.

Serving Food on Banana Leaves:

In Southern India, eating food from a banana leaf is considered healthy. Also purified with sprinklings of water before food is placed upon it. Banana leaves were traditionally used to maintain hygiene, also a big and thick enough to hold large portions of food.

Food offered to God:

In Hindu culture, food is offered to the Hindu deity as a part of worship ritual 7 before consuming it, hence, tasting food during preparation is strictly forbidden. This way, the food is considered a medium of sacrifice, and eating is seen as a selfless act. Hindus believe that when food is eaten after being offered to God becomes free from bad omen and is then considered a blessing.

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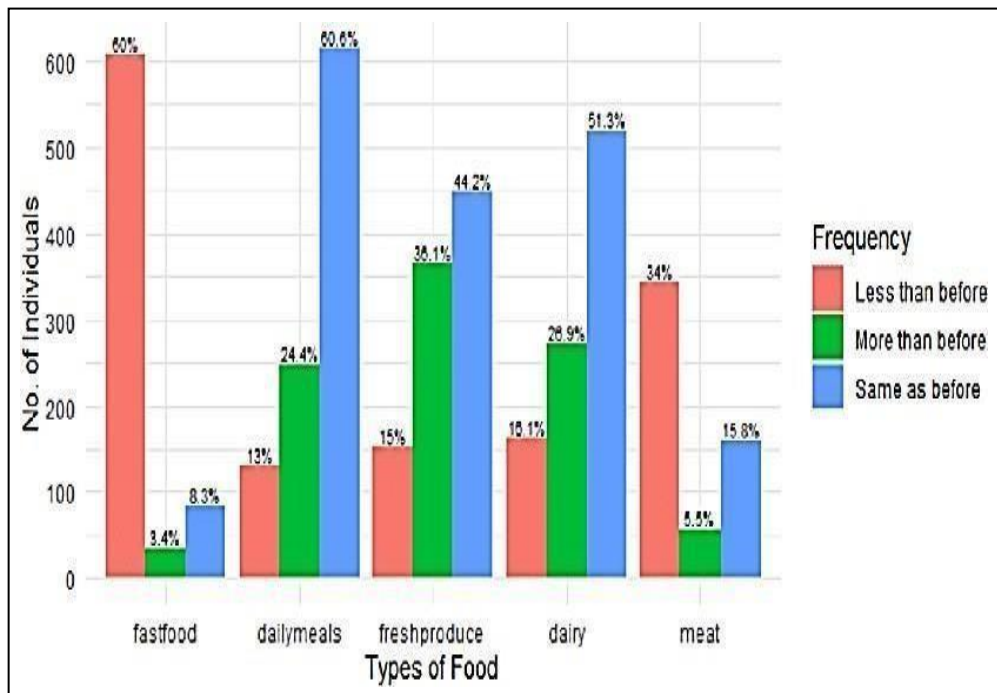


Fig 3.3.3: Change in Eating Habits

Influences on Food Choices:

There are many factors that determine what foods a person eats. In addition to personal preferences, there are cultural, social, religious, economic, and environmental factors.

Individual Preferences:

Every individual has unique likes and dislikes concerning foods. These preferences develop over time, and are influenced by personal experience such as encouragement to eat, exposure to a food, family customs and rituals, and personal values.

Cultural Influences:

A cultural group provides guidelines regarding acceptable foods, food combinations, eating patterns, and eating behaviors. Compliance with these guidelines creates a sense of identity and belonging for the individual. Within large cultural groups, subgroups exist that may practice variations of the group's eating behaviors, though they are still considered part of the larger group.

Social Influences:

FOOD CUSTOMS IN INDIA

Members of a **social group** depend on each other, share a common culture, and influence each other's behaviors and values. A person's membership in particular peer, work, or community groups impacts food behaviors. For example, a young person at a basketball game may eat certain foods when accompanied by friends and other foods when accompanied by his or her teacher.

Religious Influences:

Religious **proscriptions** range from a few to many, from relaxed to highly restrictive. This will affect a follower's food choices and behaviors. For example, in some religions specific foods are prohibited, such as pork among Jewish and Muslim adherents. Within Christianity the Seventh-day Adventists discourage "stimulating" beverages such as alcohol, which is not forbidden among Catholics.

Need for the Study:

Healthy eating contributes to an overall sense of well-being, and is cornerstone in the prevention of a number of conditions, including heart diseases, diabetes, high blood pressure, stroke, cancer, dental caries and asthma. For children and young people, healthy eating is particularly important for healthy growth and cognitive development. Eating behaviors adopted during this period are likely to be maintained into adulthood, underscoring the importance of encouraging healthy eating as early as possible. It is better to consume at least five portions of fruit and vegetables a day. Changes in availability of food is one obvious cause of changes of food habits. Poor nutrition can contribute to stress, tiredness, and our capacity to work. This study also includes the food customs in different countries. The main advantage of following food customs while eating is that, it improves the relationship between the people. If we eat together we feel closer to each other. Taking meals with family members may increase social interaction and helps kids do better in school.

Objectives of the Study:

The main objective of this study is to investigate Food Habits among different age group people in Konidedu village of Nandyal District. However, the specific objectives of this study are as follows:

- To promote healthy food habits among all social groups, varying diet as much as possible.
- To promote safe and wholesome food through our distinct culinary identity and connect people with their rich cultural past.

FOOD CUSTOMS IN INDIA

Report of the mini project-work done in the related subject with respect to the habitation/village

The objective of this project is to investigate the different food habits, food choices of people and the determinate of their food choices. Also, it includes customs of food that are followed while eating. The main advantage of eating habits is, it improves our digestive system and also the functionalities of every internal and external organs of the body.

Benefits of healthy and eating:

Healthy food is food that gives you all nutrients you need to stay healthy, feel well and have plenty of energy. Eating healthy means following a healthy eating pattern that includes a variety of nutritious foods and drinks. It also means getting the number of calories that's right for you. A healthy diet is essential for good health and nutrition. Healthy food can improve your immune system and maintain the right weight balance. It keeps your energy levels high and ensure good physical, mental and emotional health. When we intake healthy fruits and vegetables that are full of nutrients, we reduce the chances of diseases. Eating a variety of foods and consuming less salt, sugars and saturated and industrially-produced trans-fats, are essential for healthy diet. A healthy diet comprises a combination of different foods including staples like cereals, fruits and vegetables, and food from animal sources.

Food items that are less in the necessary nutritional value and have increased bad fat, calories, etc., can be referred to as unhealthy food. Unhealthy food can increase your weight, become a cause for your health issues and negatively affect your lifespan.

Risks of unhealthy eating habits:

Unhealthy eating habits like eating too much, not eating enough, or restricted eating can be bad for child's health.

Eating too much:

Eating too much food, particularly unhealthy food, puts your child at risk of overweight and obesity. An overweight or obese child is at an increased risk of diabetes, sleep apnea and hip and joint problems.

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Not eating enough:

When teenagers go on fad or crash diets, they can be at risk of not eating enough and not getting the nutrients they need for healthy growth and development. Severe dieting can lead to health and other problems like fatigue, poor concentration and loss of muscle mass and bone density.

Restricted eating:

Your child doesn't need to restrict foods like dairy foods or foods with gluten unless they have a food allergy or food intolerance that has been diagnosed by a health professionals.

Simple ways to Eat Less Junk Food:

There are number of ways one can gradually reduce the intake of junk food. First and foremost, never stock up in your homes which can easily take away the temptation. If you want eat junk food, then ensure to stay active and do include some physical activity into your routine. A brisk walk post-dinner or quick cardio can help you stay active and keep things in balance. Focus on eating a healthy diet all through the week.

Likewise, swap your junk food with healthier choices which includes

Fruits: apples, bananas, oranges, and berries

Vegetables: Leafy greens, sweet potato, carrots, broccoli, and cauliflower

Whole Grains: Cereals, oats, brown rice, quinoa, and wheat

Seeds and Nuts: Almonds, walnuts, flaxseeds and sunflower seeds

Legumes: Beans, peas, and lentil

The eating pyramid is a simple visual guide to the types and proportion of foods that We should eat every day for good health. It contains the five core food groups, plus Healthy fats, according to how much they contribute to a balanced diet. It shaped like a pyramid to suggest that a person should eat more foods from the bottom of the pyramid and fewer foods and beverages from the top of the pyramid.

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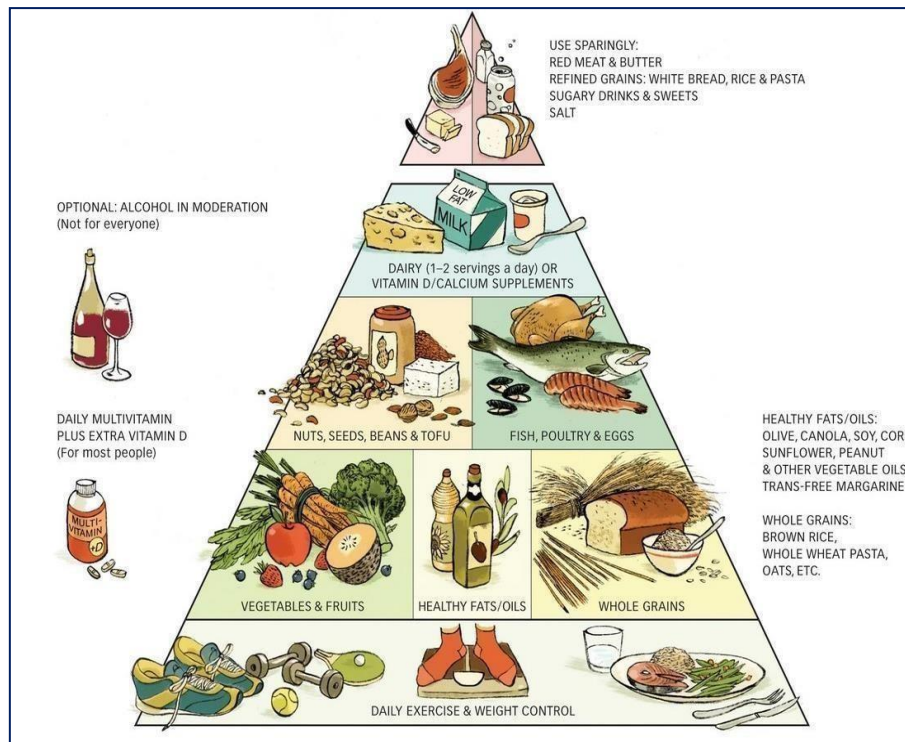


Fig 5.1.1: Healthy Eating Pyramid

Determinants of food choices:

Food choices are complex and are affected by a combination of various factors, including biological determinants (hunger, appetite and taste), , psychological determinants (mood, stress) etc. Along with these, a number of other factors affect the dietary choices individuals make, including the following: **Culture:** Your culture will influence what you eat and how you eat from the day you are born, and while some foods are great, others may be discouraged because of religion or your beliefs.

Cost: This, too, will significantly impact your food choices because people will have to purchase products they can afford so that they will factor in the price of food and their income. Many people will not have much choice due to these factors and will have to select foods within their budget regardless of how unhealthy they may be. If you do have the ability to spend money on good food, take the time to learn about Nutritious foods which can be purchased even if you are working with a tight budget.

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Convenience & Access: Most people will buy food available in stores close to their homes because it's convenient and will select foods that the store has in stock. Food choices are often entirely based on what is available, which can sometimes make it hard to eat nutritionally-balanced meals.

Time: The reality is that most of us do not have the time to prepare healthy meals and will purchase whatever we can get our hands-on. The busier we become, the less time there to cook, and prepare meals at home, so many people rely on fast food or meal delivery services.

Education: This will influence your food choices, and the more education you have regarding the nutritional value of foods, the more likely it is that you will make informed choices when it comes to your meals.

Passion for Cooking: Some people love to cook and want to try new recipes, while others have zero interest in learning or try to cook. This will influence your food choices as those who enjoy cooking will put more thought and effort into their food choices, while those who do not enjoy cooking will rely more on processed or packaged foods.

Importance of Food Customs:

People connect to their cultural or ethnic group through food patterns. Food is often used as a means of retaining their cultural identity. People from different cultural backgrounds eat different foods. The areas in which families live and where their ancestors originated influence food like and dislikes.

Food customs in different countries:

The Middle East: Never use your left hand while eating

This is because the left hand should only be used to serve food onto your plate or to pass the food around the table. It is a sign of disrespect to use left hand to eat.

Thailand: Do not use a fork to push food into your mouth

In this country, it is considered rude to use a fork to put food into your mouth. The people here believe that the fork must be used only to push food into the spoon.

Japan: Slurp to show you loved the meal

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In many countries making sounds while eating is considered ill-mannered. But, in Japan, slurping noodles and soup is considered acceptable. Additionally, it is meant to express that the dish is being enjoyed immensely.

South Korea: The eldest takes the first bite

In South Korea, when people assemble for a meal, they wait for the eldest person at the table to eat first. This is believed to be a great sign of respect for the elders.

India: The clean plate

In India, an empty plate means that you have enjoyed the food that has been served. It also shows that you honor your host by expressing that the food was tasty. However, in China, it is regarded that your host did not serve you enough food.

Chile: No hands policy

In Chile, people try to eat almost everything with a fork, spoon, and knife. Here, people believe that food should never be eaten with one's hands.

Analysis of Data and Results:

Demographic details

Gender	Youngsters	Total	Percentage (%)
Male	11	33	41.25 %
Female	20	47	58.75 %

Table 5.3.1

Type of food preferred

Food type	Preferred by	Percentage (%)
Vegetarian Food	60	75%
Non-Vegetarian Food	20	25 %

Table 5.3.2

As per the survey, with a sample of 80 people, 75 percent of people are

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Showing their liking towards vegetarian food rather than non-vegetarian food

Determinates of Food choices

Determinates	Very Important	Important	Not at all
Good taste	87.5%	12.5%	0%
Low cost	75%	18.75%	6.25%
Good quality	75%	22.5%	2.5%
Healthy food	68.75%	25%	6.25%
Convenience	62.5%	25%	12.5%
Natural content and weight control	68.75%	25%	6.25%

Table 5.3.3

For good health and nutrition, most of the people select their food based on good quality, good taste, and healthy food. But, some people choose their food based on availability, low cost and good taste. As the table shows that majority of the people found that all the determinates are very important for choosing food. Good taste, good quality and cost are found very important among the all factors.

CHAPTER 6

RECOMMENDATIONS AND CONCLUSION OF THE MINI PROJECT

Recommendations:

- Most of the people have poor knowledge about their food habits, even they don't know which kind of food prefer to eat. Community should provide continuous awareness for people to maintain their food habits healthily.
- The people need to follow some healthy food habits in order to maintain their body healthily.
- Establishing partnerships with local healthcare providers and organizations can also help to enhance access to healthy food habits.

Conclusion:

The study was conducted in Konidedu village. At last we want to conclude that food and health both are related to each other. Food is an essential part of our lives. It is a source of nourishment, pleasure, and culture, and it has a direct impact on our health and the environment. From sharing a meal with friends to honoring tradition, food plays an important role in our lives. Our health depends upon what we food eat and how much we eat. Therefore, we should be careful while eating. The food that seem to be nice to taste can may bad to health. From the we Identified that most of the people selecting their food based on some factors such As taste, low cost, availability, healthy and quality of the food.

Most of the people were choosing their food based on environmental conditions, social conditions, economical conditions etc. This study may be helpful for the people to decide what kind of food they must have to eat.

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PHOTOS



Fig (a):Guidance to village people



Fig (b):Guidance to village people

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Fig (c):Guidance to village people



Fig (d):Guidance to village people

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Fig (e):Guidance to village people



Fig (f):Guidance to village people

Fig (g): Interaction with village people

