People's lifestyles and healthy food

- ## Reasons of selecting a particular topic

The reason for choosing "People's Lifestyles and Healthy Food" is because I want to understand how the dietary habits of people today impact their overall well-being and whether healthy eating can genuinely prevent diseases.

- ## Objective

1. Currently, how many people are eating food for their health benefits, to what extent?

2. Are people who eat healthy food physically stronger than those who do not eat healthy food?

3. Does eating healthy food cost increase more than regular food?

- ## Question

1. How many days per week do you eat healthy foods?

2. Do you prefer fast food or healthy food?

3. How many days a week do you eat dessert?

4. How often do you get sick?

5. Have You Ever Been on a Diet? and how often?

6. How much has your body changed when you go on a diet?

7. Does eating healthy increase expenses?

8. Do you prefer to buy healthy food or cook healthy meals yourself?

9. Why do you choose buy healthy food or cook healthy food?

10. Why do you prefer eating fast food / healthy food more?

We will consider data through Google Forms and have arranged a survey to share with friends, classmates, old friends, neighbors, girlfriends, boyfriends, and many others whom we don't know very well but have spent time together and get along well. We have collected responses from approximately 20 people in total.

Based on all the data got, we can know

- **The lifestyle of people who eat for health**

For example, my friend enjoys cooking dinner for themselves because it allows them to choose their preferred flavors and have fresher ingredients compared to buying ready-made meals.

another person has a long-term interest in health, so they prefer to eat healthy food to prevent diseases.

- **The lifestyle of people who eat Fast food**

For instance, my classmate has a fast-paced lifestyle because has nobody is dropped off at the university, so she often opts for fast food, especially on days with exams, when they need to rush.

And another person has habits enjoys tasty food and has a preference for strong flavors. Most healthy foods, for them, taste mild it's terrible food, which is why they find health-conscious meals less appetizing.

- **Statistics on the frequency of sickness from the question How often do you get sick?**
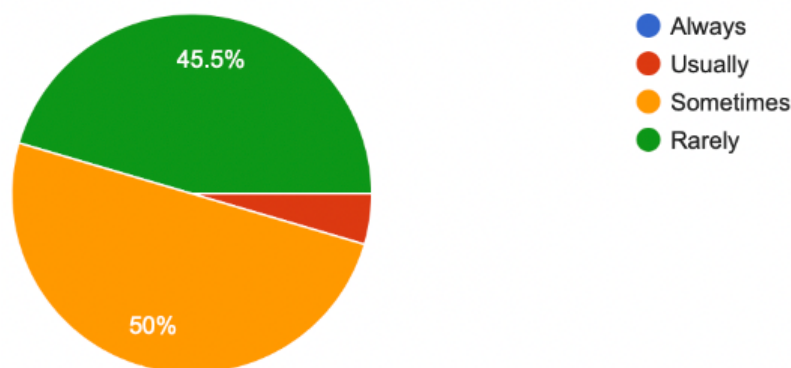
From a pie chart concerning the frequency of getting sick, it can be concluded that half of the surveyed individuals reported being sick "sometime," about 45 percent were sick "rarely," and a smaller portion were sick "usually." So the most common choice from this survey is "sometime."

- **Do you prefer fast food or healthy food?**
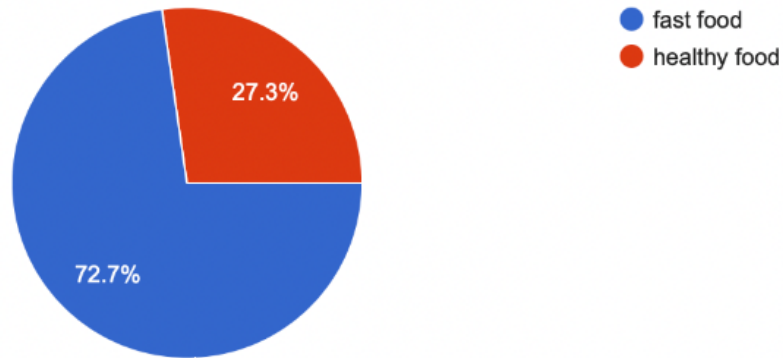
From the pie chart about fast food and healthy food, it was found that 22 respondents chose to eat "fast food" exactly seventy-two point seven percent and "healthy food" exactly twenty-seven point three percent. It can be concluded that Fast food is more popular than healthy food.

So what factors make Fast food more popular?

- **Factors**

1. Price

Healthy food is often more expensive, mainly because current raw materials tend to have increasing prices from before. And from the survey responses to the question "Does eating healthy increase expenses?"
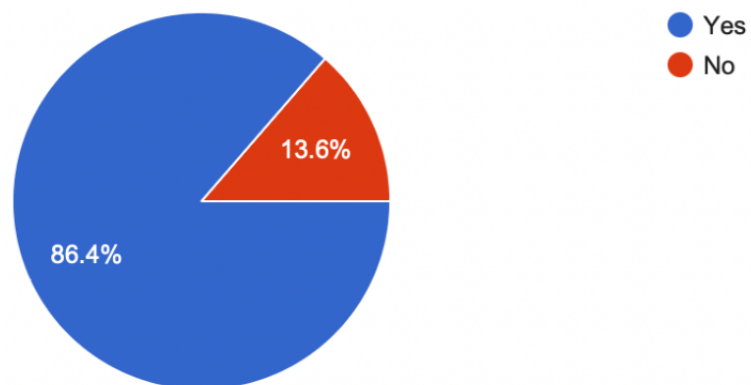
From the pie chart about eating healthy increase expenses more. It was found that a total of 22 respondents answered "Yes" eighty-six point four percent and "No" thirteen point six percent. In summary, price plays a role in people's decision to choose what food to buy. Healthy food tends to be more expensive than fast food, so people choice to consume it less.

2. Lifestyle

In the present, people in this age group are usually studying, doing internships, or working. Their lifestyles tend to be fast paced, leaving them with limited options for food choices due to their busy schedules. Moreover, they can find plenty of fast-food restaurants than healthy restaurants.
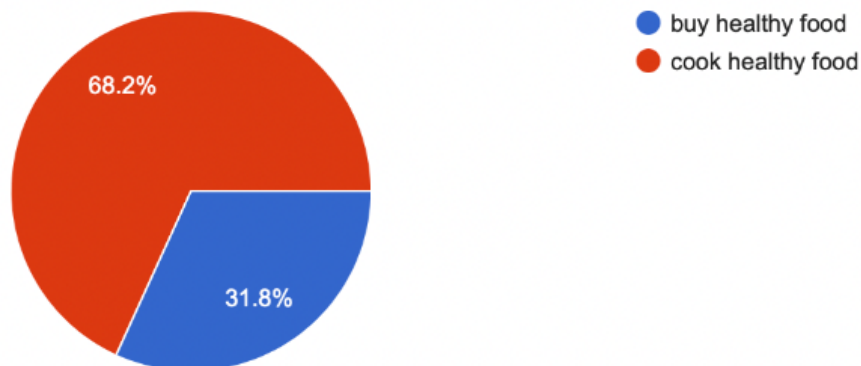
3. Taste

Healthy food often terrible taste, while tasty food is usually fried, oily, or sweet food high in sugar, which does not have health benefits. As a result, people decide on food that tastes good more than food with healthy benefits.

4. Convenience and Time

Healthy food is often hard to find, and some people are unsure whether it truly contains health beneficial ingredients for their well-being. Because statistically, most people choose to prepare their own food rather than buy healthy food.

This is a pie chart illustrating the difference in the number of people who prefer to cook healthy meals themselves versus those who prefer to buy them. It is based on statistics from the question

Do you prefer to buy healthy food or cook healthy meals yourself ?

68.2%

31.8%

● buy healthy food
● cook healthy food

The pie chart shows that sixty-eight point two percent of individuals choose to cook healthy meals themselves, mainly due to the delicious taste and the use of more health-beneficial ingredients. In contrast, thirty-one point eight percent choose to buy healthy food for the sake of convenience, albeit at a higher cost, as healthy food is typically more expensive than fast food.

Additionally, many individuals have less free time, and some have a habit of disliking doing the dishes, which collectively leads to their reluctance to choose food with health benefits.

5. Motivation

Most famous brands' food does not have healthy benefits, and sometimes recommended by influencers that fast food has delicious taste.

- **Conclusion**

According to the survey, most individuals in the 18-24 age group tend to choose fast food over healthy meals. Factors such as price, lifestyle, taste, convenience & time, and motivation all contribute to people not choosing healthy food, even though they are aware of its greater health benefits compared to fast food. Due to the fast-paced lifestyles of people in this age range, they often prioritize the easiest option for their meals, even though it may not offer disease prevention as effectively.