

Script People's lifestyles and healthy food

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People's lifestyles and healthy food

- **Reasons of selecting a particular topic**

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

- **Objective**

1. To study the effect of healthy eating.
2. To identify which factors affect the most food selection.
3. To differentiate people's lifestyles with regard to food selection.

- **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 or 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 peoples 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.

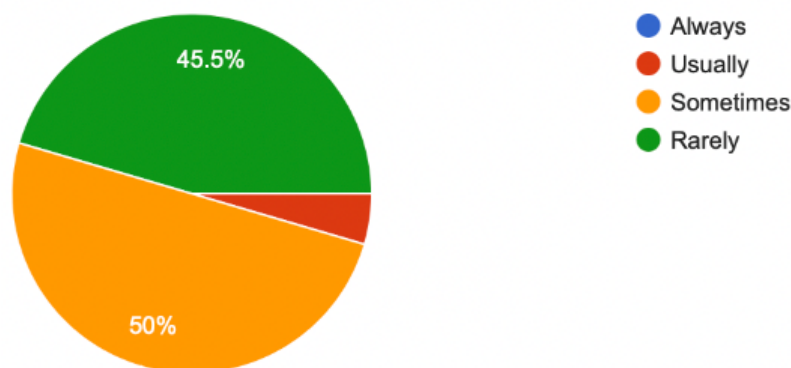
another person has a long-term interest in health, so they prefer to eat healthy food to prevent diseases.

- **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 chooses fast food, especially on days with exams, when they need to rush.

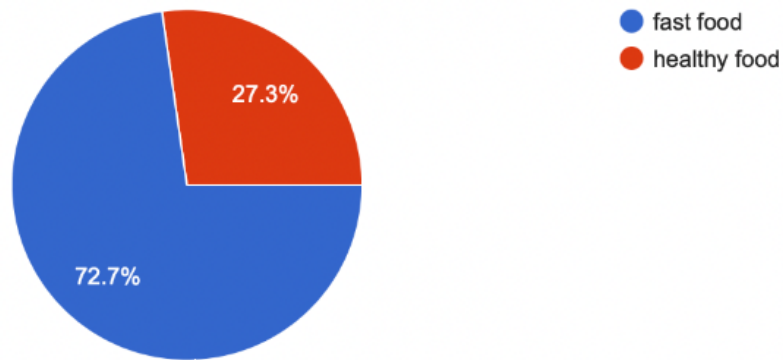
And another person has habits enjoys tasty food and has a preference for strong flavors. Most healthy foods, for them, taste mild it's terrible food, which is why they find health-conscious meals less appetizing.

- **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?**



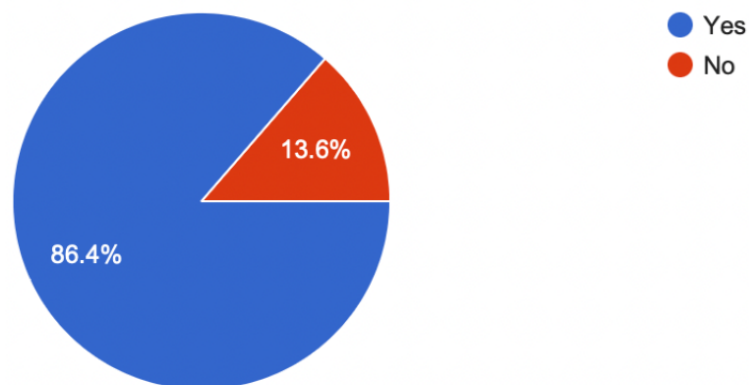
From the pie chart about fast food and healthy food, it was found that 22 respondents chose to eat “fast food” exactly seventy-two point seven percent and “healthy food” exactly twenty-seven point three percent. It can be concluded that fast food is more popular than healthy food.

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

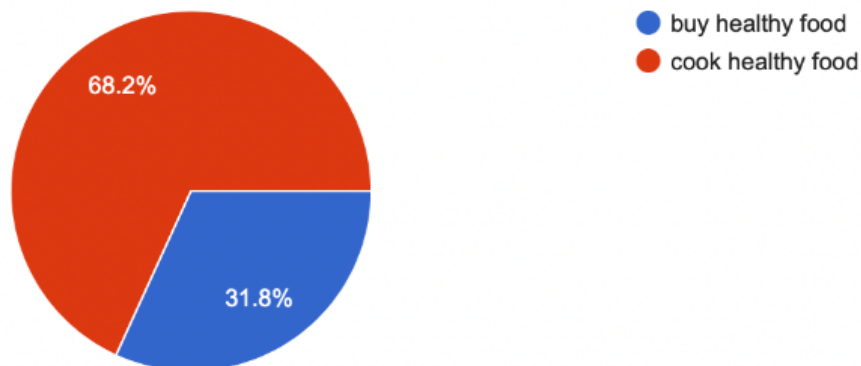
Healthy food often **terrible** taste, while **tasty** food is usually **fried**, **oily**, or **sweet** food high in sugar, which does not have **health benefits**. As a result, people **decide** on food that tastes good **more than** food with **healthy benefits**.

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 shows 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 ?



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.