เนื้อหา

* Lifestyle ของคนกิน H : ออกกำลังกาย / กินอาหารดี/หวานบ่อยแค่ไหน
* Lifestyle ของคนกิน F : ออกกำลังกาย / กินอาหารดี/หวานบ่อยแค่ไหน
* สถิติสุขภาพ
* สถิติคนกิน H / F (F)มากกว่า : กราฟ
* ทำไมคนถึงกิน F > H : ปัจจัย ราคา(สถิติ H แพง : วัตถุดิบ) สะดวก
* ย่อยจาก ราคา และ สะดวก : สถิติทำกิน กับ ซื้อ

สรุป

จากการ (survey) ทำให้ได้ทราบว่าคนส่วนมากนิยมทานอาหารที่เป็นF>H

เนื่องจาก H มีราคาแพง ไม่สะดวกสบาย รสชาติไม่ถูกปาก

( แถให้หมด ใช้ศัพท์ ที่เรียน!!!!!!)

จึงสรุปได้ว่าคนที่มีอายุช่วง18-24 มีการป่วยเป็น(sometime)

ที่เกิดจาก(habits)การรับประทานอาหารที่ไม่(healthy)

จากการสำรวจทำให้ได้ทราบว่าคนส่วนมากในช่วงอายุ18-24ปีนิยมทานอาหารที่เป็นฟาสฟูสมากกว่าอาหารสุขภาพ โดยมีปัจจัยคือ ราคา ไลฟ์สไตล์ รสชาติ ความสะดวกสบาย เวลา และแรงจูงใจ ทั้งหมดนี้เป็นผลทำให้คนไม่เลือกทานอาหารสุขภาพ ทั้งที่ทราบว่ามีประโยชน์ต่อสุขภาพมากกว่าอาหารฟาสฟูต แต่ด้วยไลฟ์สไตล์ที่เร่งรีบของคนในช่วงวัยนี้ จึงต้องเลือกตัวเลือกในการทานอาหารที่ง่ายที่สุด ถึงแม้จะไม่สามารถป้องกันโรคได้ก็ตาม

**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?**A green orange and red pie chart

  Description automatically generated

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?**

A blue and red pie chart

Description automatically generated

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?”

A blue and red pie chart

Description automatically generated

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.

1. 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.

1. 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.

1. 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 ?

A close up of a pie chart

Description automatically generated

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.

1. 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.

From the survey, it is evident that most people in the age range of 18-24 prefer fast food over healthy food. This preference is due to the high cost and inconvenience of healthy food, as it requires time and a place to sit down for a proper meal. Additionally, individuals in this age group often lack the time for serious dining, and they prioritize the pleasure and taste of their food over its quality, cleanliness, and nutritional value. Healthy food is also less accessible because restaurants tend to prioritize popular items over less-sold ones, and fast food is often tastier than healthier options. If you were to prepare healthy food yourself, you would need to go to a grocery store, which many people in this age group do not have time for.

A blue pie chart with red and orange numbers

Description automatically generated

As you can see from the chart, it can be concluded that the majority of people in the 18-24 age group are female (90.9%), with only 9.1% being male.

#7

A blue and red pie chart

Description automatically generated

Most of them consume very little healthy food, as they have a preference for fast food and desserts over healthier options. According to the survey, about half of them sometimes get sick due to their habit of consuming nutritionally deficient foods, with a reduced intake of fresh fruits and vegetables. They do not frequently engage in dieting. However, they find fried chicken very delicious and continue to consume it despite its potential health risks.

Currently, people tend to consume popular and affordable food brands with rich flavors. For instance, Korean street food and sidewalk vendors have become incredibly popular. During the recent COVID-19 crisis, people refrained from dining out and instead used online applications to order food for delivery. They also opted for ready-made or frozen meals over cooking. These online orders often result in increased plastic waste, as disposable plastic or paper plates are used instead of regular dishes, which has led to a decline in people's willingness to do the dishes. Additionally, there has been a growing trend of consuming frozen foods over fresh options.

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