



Publicity of students' bad dietary habits

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Following the rapid changes of society, working couples family becomes the mainstream. Parents are exhausted at works and inevitably there are problems of ignoring children's nutrition and health. Some of the schools always emphasized too much on teaching of knowledge and ignore the importance of cultivating healthy dietary habits for students. According to research, there are more and more nutritional problems in secondary and primary school students in the neighboring region. Fat children and overweight children have increased annually. I believe there is no exception in the real situation of Macao.

General bad dietary habits

Concluding the research results of neighboring region, the bad dietary habits of secondary and primary school students nowadays can be concluded in the following several elements:

Lack of good breakfast

Although many of us know the importance of breakfast but for numerous reasons, children take breakfast as they like and even the situations of not taking breakfast are very common. Lacking good breakfast or not taking breakfast usually results in the lack of concentration in class, affecting learning efficiency. Research also finds that many fat people have habits of not taking breakfast.

Conspicuous problems of unbalanced diet

The diet of students inclines to more meat and less vegetables. Even some of them resist milk products. This kind of nutrition-unbalanced diet easily results in insufficient intake of food fiber and calcium for students. In addition the quantity of outdoor activities is generally very low. Therefore this kind of unhealthy life easily brings with it such health problems as constipation and elderly chronic disease may occur at early age.

Love "junk food"

Most students have a preference for hamburgers, French fries, chips, cakes, biscuits and instant noodles etc. According to nutritionists, they believe that these kinds of "junk food" are not appropriate for frequent eating. Following the increasing autonomy of students on choosing food, the situation of eating "junk food" as regular food is becoming more usual. These kinds of food contain low nutrition density and contain high quantity of empty calorie, salt and sugar. Even most of it contains artificial food additives and trans-fat. It increases the risks of fatness and cardiovascular disease after a long time of consumption.

Substitute plain boiled water with soft drinks

Most students feel that plain boiled water is light and tasteless. They like sugary drinks, especially Coke and drinks containing carbonic acid. Most of these drinks contain a great quantity of sugar and easily cause decayed tooth upon excessive intake. Besides that, many drinks probably have food preservatives, food colorings and flavorings. Researches point out that artificial additives may be related to ADHD (attention deficit hyperactivity disorder).

Watch television while eating

Many students have the habit of watching television while they are eating. In this way they do not pay attention to what they are eating and this easily causes indigestion and overconsumption. For children who are in the growing stage, meal not only provides intake of nutrition but is also a very important means for learning table etiquette and cultivating good eating habits.

Late night snack

Nowadays many secondary students have the bad habit of staying awake all night long. These "night cats" spend long period of time surfing on internet and studying. In order to maintain energetic at night, they are used to taking potato chip and sweets as their night snacks. After a long period of time, the habit of staying awake all night long will increase fat easily, weaken body's immunity, increase the burden on liver and clearly affect the state of mind in daytime.

To rectify bad habits, start from family and school

To build up a good diet habit for students, the cooperation of parents and schools is needed to set up an environment supporting healthy diet, enhancing students' nutrition education and hoping to improve students' dietary habits through changes on knowledge, attitude and conducts.

Sio Hao Leng (Technician of Macao Health Bureau, Centre for Disease Control & Prevention)

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