

Food preferences among adolescent girls (11-13 yrs) in Allahabad city

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A study was conducted on a sum of 100 adolescent (11-13 yrs) girls, randomly selected with the objective to assess the food habits and food preferences among adolescent girls. The collection of data was done through interview schedules and dietary survey methods. The schedule follows preference test of seven point hedonic scale. The study reveals that 56 per cent girls were vegetarian, 31 per cent girls were non-vegetarian and 13 per cent girls were egg-eaters. From the study it was clear that commercial food products were an instant hit among the upcoming generation showing the preference sequence of like very much (40.2%), like moderately (28.75%), like extremely (28%), neither like nor dislike (4.65%), dislike moderately (0.00%), dislike very much (0.00%) and dislike extremely (0.00%).

Key Words : Adolescents, Schedule, Hedonic scale, Commercial foods, Nutritional awareness

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