



## TEENAGERS` EATING BEHAVIOUR – A COMPARATIVE STUDY BETWEEN TWO SCHOOLS IN ARAD AND TURNU SEVERIN, ROMANIA

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### Abstract:

*Teenage is a period of intense physical and psychical development of a person. The aim of this study was to establish the measure in which eating behaviour presents differences between two schools in Arad and Turnu Severin, in Romania. The study was realized on two samples formed of 50 students, each of them, of the Germany Secondary School in Arad and of the Economic Secondary School in Turnu Severin. We applied the questionnaire method. In Arad, the teenagers` diet consisted of milk and milk products, hamburger and sandwich. The same students didn't consume fruits, green salad, fried potatoes, cooked legumes, and fruit juice. In Turnu Severin, the teenagers` diet consisted of fried potatoes, milk and milk products, biscuits, pasta and fruit juice. More than half of the students didn't consume sandwich or hamburger, cooked vegetables. There is a difference between two schools in different towns: Arad and Turnu Severin.*

Keywords: eating behaviour, teenagers, secondary school

### 1. INTRODUCTION

In different regions of Romania differences between eating habits exist. This can act on children growth in the teenage period especially, when happens a growth spurt occurs. Nutrition can influence teenagers' growth. [4] Teenage is the children` period of development between 12 and 19 years and it can be divided into two stages: puberty (12-15 years) and post puberty (16-19 years). In the period 16-19 years the energetic needs are high. In the post puberty stage the boys need 3100 calories daily and the girls 2300 calories daily.[6] Of the caloric values of the ration, at this age proteins represent 13-14%, fats – 28-30% and carbohydrates 56 - 60%. [1-3] These nutritive factors and others are

taken from foods, which are divided into 16 groups. The people of these areas include by these student groups frequently consume: milk and milk products, meat and meat products, cereals and pasta, vegetables, fruits and juices, sugar products.[5]

## 2. PURPOSE

The aim of this study was to establish if the eating behaviour, as a risk factor, presents differences between the two schools in Turnu Severin and Arad, which are situated in two different geographical areas, in Romania.

## 3. MATERIAL AND METHOD

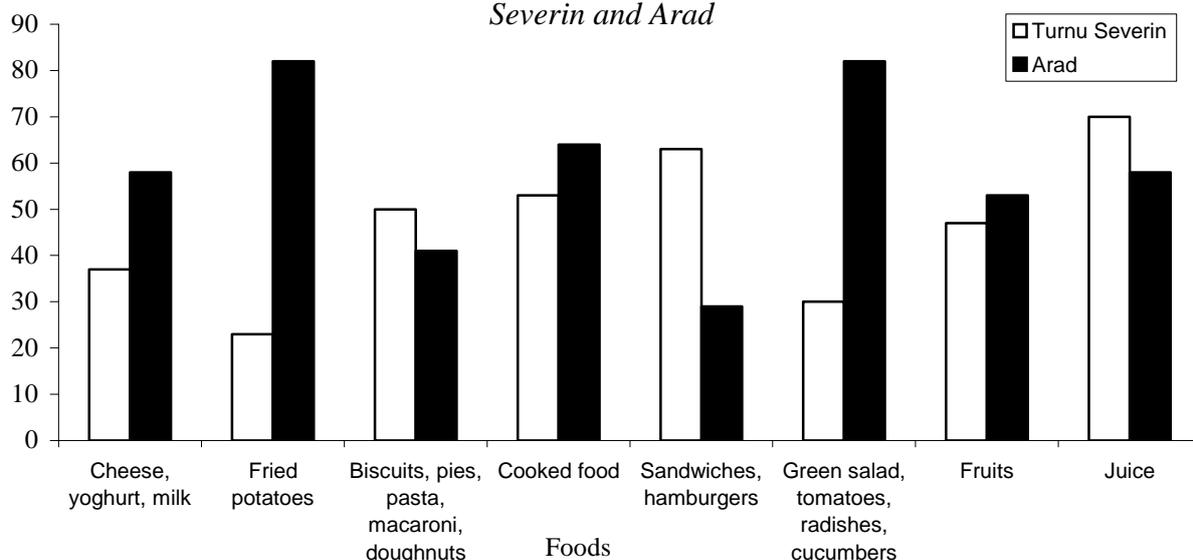
The study was realised with one questionnaire with items for nutrition, applied in two homogenous samples formed of 50 students, each of them, of the German Secondary School, Arad and the Economic Secondary School, Turnu Severin. We analysed and interpreted the obtained results.

## 4. OBTAINED RESULTS

Students of the Economic Secondary School of Drobeta Turnu-Severin don't consume juices (70% students), sandwiches, hamburgers (63%), cooked food (53%), biscuits, pies, pasta, macaroni, doughnuts (50%).

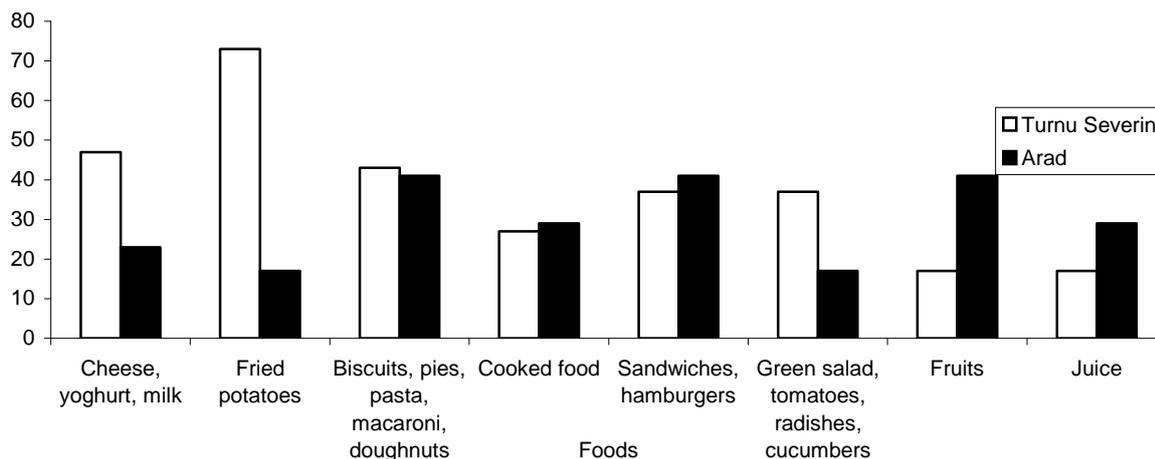
Students of the German Secondary School do not consume fried potatoes, green salad, tomatoes, radishes, cucumbers (82%), cooked food (64%), cheese, yoghurt, milk (58%) and juice (58%) (figure 1).

*Figure 1. The frequency (%) of the students, who do not consume these types of food and food products, in both schools studied in Turnu Severin and Arad*



Students of Turnu Severin consume once/day fried potato (73%), cheese, yoghurt (47%) and biscuits, pies, pasta, macaroni, doughnut (43%). The students in Arad consume once/day: sandwiches, hamburgers, pies, pasta, macaroni, and doughnuts (41%) (figure 2).

**Figure 2.** The frequency (%) of the students, who consume once/day these types of food and food products, in both schools studied in Severin and Arad



The students in Turnu Severin consume more times/day fruits (36%), green salad, tomatoes, radishes, cucumbers (33%) in comparison with the students in Arad, who consume especially sandwiches and hamburgers (29%) (figure 3).

**Figura 3.** The frequency (%) of the students, who consume more times/day these types of food and food products, in both schools studied in Severin and Arad

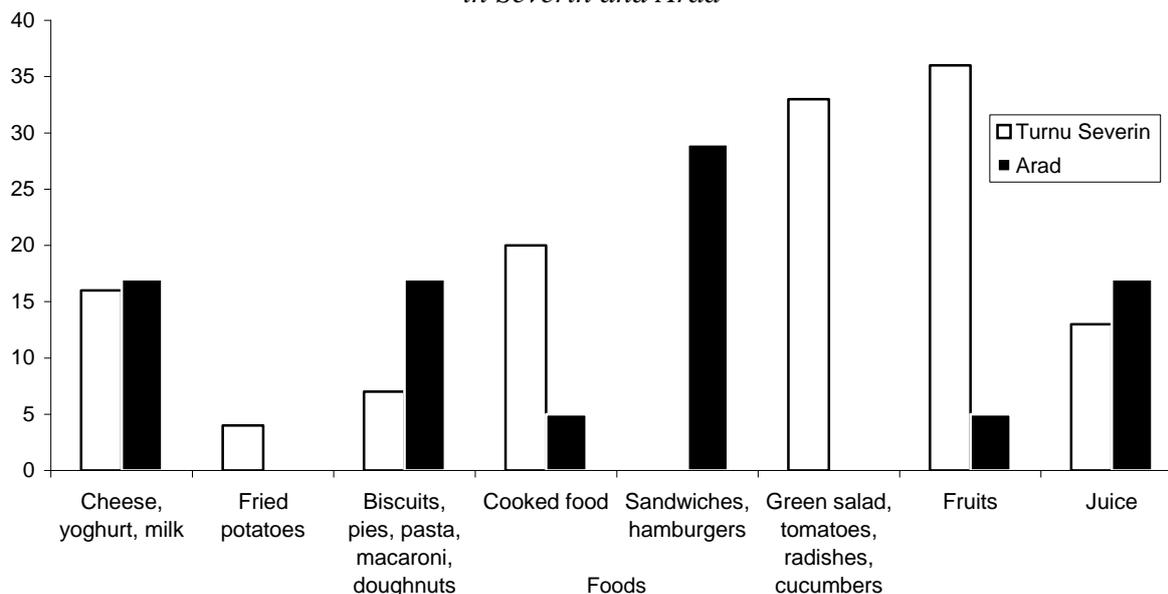
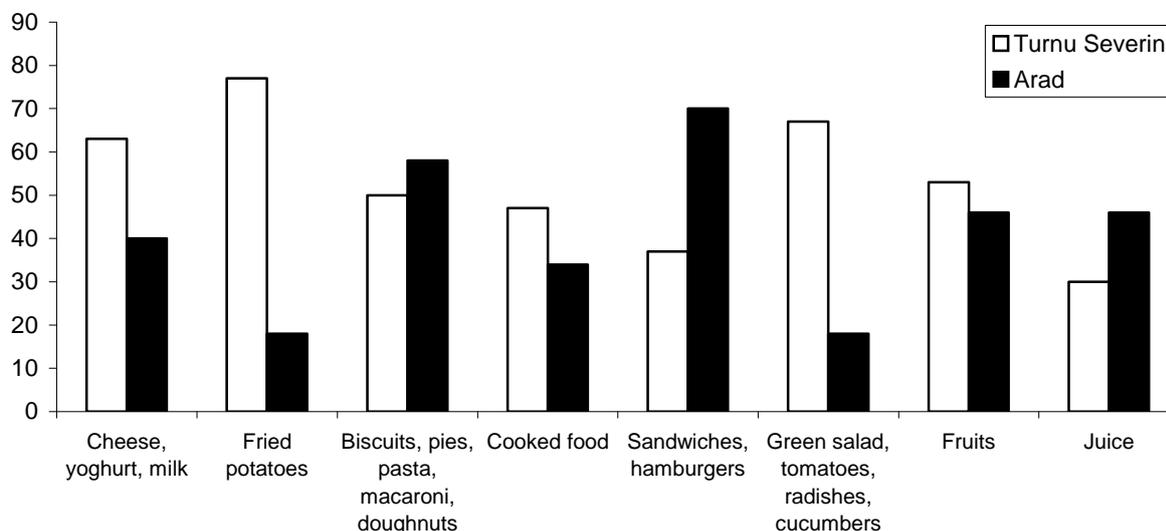


Figure 4. The frequency of the students (%), who consume once or more times/day these types of food and food products, in both schools studied in Severin and Arad



There are differences in the menu diet between the two schools in Turnu Severin and Arad. The first foods that are consumed by the students in Turnu Severin are fried potatoes (77%), vegetables (67%) and milk products (63%), while in Arad the students consume sandwiches, hamburgers (70%) especially, biscuits, pies, pasta (58%) and juice (46%) (figure 4).

It is very interesting to observe that two kinds of eating habits in two schools from different geographical areas are completely different and almost opposite.

In conclusion, in both situations the diet are unbalanced: in Turnu Severin the students receive small quantities of superior quality proteins, which have as sources meat and meat product, and in Arad they receive small quantities of vitamins, minerals and indigestible carbohydrates obtained from vegetables.

## 6. REFERENCES

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