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ORIGINAL ARTICLE

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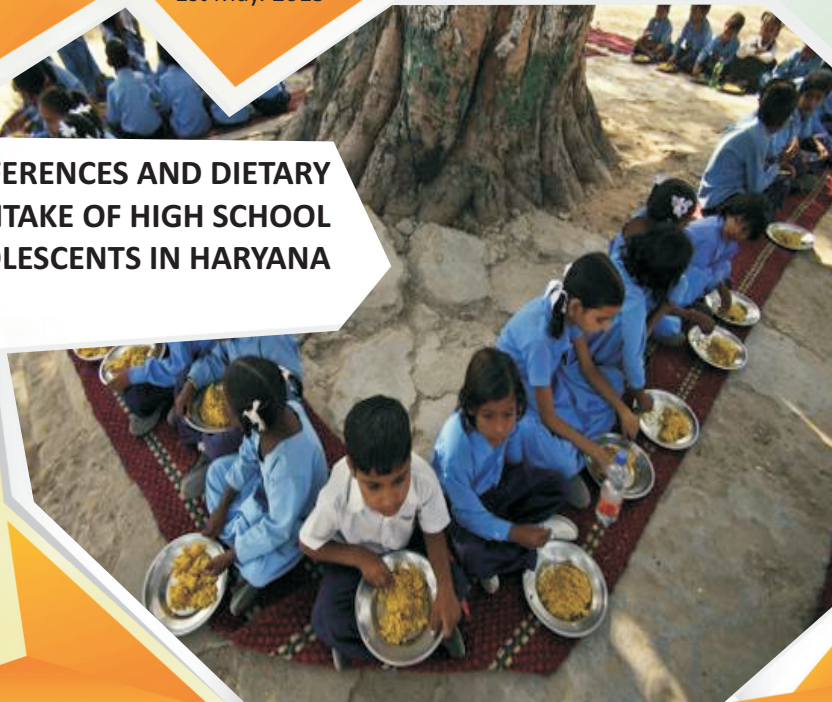
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FOOD PREFERENCES AND DIETARY INTAKE OF HIGH SCHOOL ADOLESCENTS IN HARYANA

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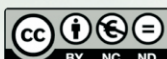


Deepika Dawar

ABSTRACT

The present study was conducted on 120 high school adolescents (15-18 years). The main aim of the study was to explore the food preferences and dietary intake of high school students studying in an established private school in an urban set up. Majority of the respondents (70%) were in the age group of 15-16 years and out of the total 86.66 per cent were Hindus. Half of the respondents were pure vegetarians. All the respondents (100%) reportedly skipped meals often.

Article Indexed in



Correspondence to **Deepika Dawar and Vinti Davar**

Designation:-¹Assistant Professor, Department of Home Science I.B (P.G)
College, Panipat, Harana.

²Professor, Deptt. Of Home Science, Kurukshetra University,
Kurukshetra .

Introduction

The eating behavior of adolescents has become increasingly under spotlight in recent years in India, amid claims that, many adolescents have a poor diet [1]. Change in lifestyles and loss of family traditions of eating together trigger the popularity of fast food among young people.

A Good Introduction :-

Depict the significance (importance) of the study - why was this value doing in any case? Give a wide connection. Extremely briefly depict the exploratory configuration and how it achieved the expressed destinations.

Materials

A cross sectional study was carried out in January, 2015 amongst urban high school students studying in an established private school in Haryana. The sample consisted of 120 students. All of the selected students were well informed of the study aims and informed consent was taken for their participation in the study.

A Good Materials :-

Methods & Materials used to per research topic.

Result

Table 1 illustrates that, majority (70 %) of the respondents were in the age group of 15–16 years and 60 per cent of the respondents were adolescent girls and remainder boys. Majority (86.66%) of them were Hindu by religion.

A Good Result :-

In content, depict each of your outcomes, guiding the per user toward perceptions that are generally significant. Give a setting, for example, by depicting the inquiry that was tended to by mentioning a specific observable fact.

Conclusion

It was found that, adolescents prefer to take their own decisions regarding choice of food items. Even though adolescents know and understand the healthy food message, they do not necessarily consume healthy diets.

A Good Conclusion :-

Clarify the majority of your perceptions however much as could be expected, concentrating on systems.

References

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- http://whqlibdoc.who.int/publications/2005/9241593660_eng.pdf Accessed on 23 February 2014)
- Jaworowska A, Blackham T, Davies IG, Stevenson L. Nutritional challenges and health implications of takeaway and fast food. *Nutr Rev* 2013;71(5):310-8.
- Colic Baric I, Satalic Z, Lukesic Z. Nutritive value of meals, dietary habits and nutritive status in Croatian university students according to gender. *Int J Food Sci Nutr* 2003;54:473-84.
- Story M, Neumark-Sztainer D, French S. Individual and environmental influences on adolescent eating behaviors. *J Am Diet Assoc* 2002; 102: S1–51.

A Good References :-

There are Places where the Author Deepika Dawar and Vinti Davar Need to Cite a Reference, but Have Not

SUMMARY OF ARTICLE

No.		Very High	High	Average	Low	Very Low
1.	Interest of the topic to the readers		✓			
2.	Originally & Novelty of the ideas	✓				
3.	Importance of the proposed ideas	✓				
4.	Timelines			✓		
5.	Sufficient information to support the assertions made & conclusion drawn	✓				
6.	Quality of writing (Organization, Clarity, Accuracy Grammer)		✓			
7.	References & Citation (Up-to-date, Appropriate Sufficient)		✓			

FUTURE RESEARCH PLANNING:

1. Career For Faculty (<http://academicprofile.org/Professor/CareerForFaculty.aspx>)
2. Academic Plan (<http://academicprofile.org/Professor/AcademicPlan.aspx>)
3. Regarding Professor Promotion (<http://academicprofile.org/Professor/regardingPromotion.aspx>)
4. Fellowship for Post Doctoral (<http://academicprofile.org/Professor/FellowshipForPD.aspx>)
5. Online Course on Research (<http://onlineresearch.in/Default.aspx>)

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This is to certify our Editorial, Advisory and Review Board accepted research paper of **Deepika Dawar and Vinti Davar** Topic:- **Food Preferences And Dietary Intake Of Highschool Adolescents In Haryana** College:- **Assistant Professor, Department of Home Science I.B (P.G) College, Panipat, Harana.**
The research paper is Original & Innovation it is done Double Blind Peer Reviewed. Your article is published in the month of **May** Year 2015.



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T. N. Shinde

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Editor-in-Chief

CERTIFICATE OF EXCELLENCE IN REVIEWING

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The research paper is Original & Innovation it is done Double Blind Peer Reviewed. Your article is published in the month of **May** Year 2015.



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Editor-in-Chief

REVIEWER COMMENTS

- My remarks here are concerned singularly with the association of the composition.
- Thought of these focuses will, I accept, lead to an enhanced report that better shows the key ideas and conclusions.
- Generally, this is a reasonable, brief, and elegantly composed original copy.
- The presentation is pertinent and hypothesis based.

Authorized Signature

Ashok Yakkaldevi

Dr. Ashok Yakkaldevi
Review Editor

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Ph.: 0217-2372010 /
+91-9595-359-435
Email: ayisrj2011@gmail.com
Website: www.isrj.org