The present study was conducted to assess the knowledge of eating habits among high school students. A descriptive survey design method was used to assess the eating habits among the high school students in selected schools of Maharashtra. Purposive sampling technique was used to select the samples among high school students in selected schools. A total of 150 samples were selected from high school students who met the inclusion criteria set for the study. Students of age 12 to 19 years who know to read and write English and Marathi are included. Students with systemic disorders like juvenile diabetes, endocrine disorders and students below 12 years and above 19 years were excluded.

The content validity was done to ensure validity of the tool. For content validity the tool was evaluated by five experts. The data collected was analysed using inferential statistics. The findings of the study shows that, there were (56.7%) of the samples were having average knowledge about eating habits, (28%) of the samples were having excellent knowledge, and remaining (15.3%) were having poor knowledge regarding eating habits. Data collection was done using Knowledge Questionnaire regarding eating habits among adolescents.

**Introduction**

Adolescent is a period when peer pressure can affect teenage eating behaviour and they may start skipping meals or possibly under eating or over eating. Extreme dieting, binge eating and bringing up food on purpose also affect more teenagers and more girls than boys.

About 34% of females & 13% of males report dieting to lose weight. Anxiety, worry, loneliness and difficulty in managing family relationships are all factors that can lead to a refusing to eat or excessive eating.

Maintaining good nutrition throughout child’s teenage is fundamental for their health and well-being. To maintain health and balance, teenagers should: Eat regular meals, do some physical activity daily, eat a wide variety of foods, eat carbohydrates such as pasta, rice, potatoes.

Adolescents are the pillars of the society, so we need to check their well-being for proper growth and development. In the childhood and adolescence many habits and behaviours are developed. Poor dietary habits or improper eating habits have been link to the development of so many diseases like hypertension, coronary heart diseases, diabetes, osteoporosis, etc later in life.

Prevention of obesity and overweight is an important target for healthy promotion. It is important to take intervention during childhood and adolescence. Healthy eating can be defined as eating practices and behaviours that are in consistence with improving, maintaining and enhancing health.
Nurses, patients family and others health care providers share the interest in maximizing positive outcome for adolescents. This can be achieved by questioning the eating habits. In this study, the investigator is assessing the eating habits of the girls within age group of 13-18 yrs.

**Material and Methods**

In this study a descriptive survey design was adopted. The study was conducted among the adolescent students of the selected schools and junior colleges in Maharashtra. The sample comprised of 150 students selected from high school students who met the inclusion criteria set for the study. Samples were selected using purposive sampling technique. Data collection was done using demographic variables such as age, education of mother, education of father, occupation of mother, occupation of father, income of parents, type of family and number of children in the family. The tool for data collection was Structured Knowledge Questionnaire regarding eating habits among adolescents and data was analysed using descriptive and inferential statistics. 5 experts did the content validity of the tool. Necessary modifications were made as per the experts’ advice after content validity and the tool was finalized under the guidance of the guide.

**Procedure for data collection**

After obtaining the necessary permissions from the concerned authorities and informed consent, the investigator collected necessary data. The data was collected in three phases. Pre intervention phase. Section I-Structured knowledge questionnaire to assess the demographic data of the samples. Section II - Questionnaire to assess the eating habits among the adolescents. The content validity was done to ensure validity of the tool.

**Discussion**

The present study has been undertaken to evaluate the knowledge of eating habits among high school students. An analysis of the data obtained has helped the investigator to get a clear understanding of the course of the study undertaken. The findings of the study have been discussed with reference to the objective and findings of other studies.

As per the research study conducted, demographic variables such as Age, Education of mother, education of father, occupation of mother, occupation of father, income of parents, type of family and number of children in the family were used. This study finding revealed that there were 85 (56.7%) of the samples were having average knowledge about eating habits, 42 (28%) of the samples having average knowledge, and remaining 23 (15.3%) are having excellent knowledge regarding eating habits.

Perception of parents healthy eating and better social support for healthy eating were associated with healthier eating habits.

**Conclusion**

The findings of the study shows that most of adolescents preferred oily and spicy food they like to eat pizza, burger and other junk foods. As most of the adolescents do not follow regular meal pattern as they like to eat outside and they had the habit of eating snacks in between the meal. Findings show that 28% of adolescents are having knowledge related to healthy eating habits whereas 15.3% adolescents are having unhealthy or faulty eating habits and 56.7% adolescents having average knowledge regarding eating habits.

It is concluded that the adolescents eating habits were able to assess with the help of questionnaires. These study findings provided baseline information for other nursing professionals to
educate adolescents regarding healthy eating habits and practices.
It is very helpful for nurses to give proper health education to the high school students regarding the eating habits. Through this study eating pattern of the high school students can be identified and discussed as well as risk for getting eating disorders in high school students is also assess. This will guide the nurses to give proper health care or balanced diet or nutrition towards the high school students.

Conflict of Interest: Nil
Source of Funding: Self-funding

**Ethical consideration**
The study is approved by Institutional Ethical Committee and it is approved by the Ethical Committee. Written informed consent and prior permission was obtained from the management authorities of School and Junior College for conducting pilot and main study. Written informed consent was obtained from the samples after explaining the purpose of the study to them. Confidentiality of information maintained by utilizing code numbers instead of name of sample group. The raw data was also kept confidential.

**References**