

STUDENTS FOOD BEHAVIOR IN RURAL AREA
(A Sociological Study on Modi Rural Municipality, Kyang-4, Parbat)

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LETTER OF RECOMMENDATION

This is to certify that **Ms. Bimala Kumari Gharti Magar** has completed this dissertation entitled **Students Food Behaviour in Rural Area (A Sociological Study of School Students of Modi Rural Municipality, Kyang-4, in Parbat District)** under my supervision and guidance. I, therefore, recommend and forward this dissertation for final approval and acceptance by the thesis evaluation committee.

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This thesis entitled **Students Food Behaviour in Rural Area (A Sociological Study on Modi Rural Municipality, Kyang-4, Parbat)** submitted to the Department of Sociology and Rural Development, Tribhuvan University, Prithvi Narayan Campus, Bagar, Pokhara by **Ms. Bimala Kumari Gharti Magar** has been accepted as the partial fulfillment of the requirements for the Degree of Master of Arts in Sociology by the undersigned members of the thesis evaluation committee.

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ABBREVIATION

BS	:	Bikram Sambat
FAO	:	Food and Agriculture Organization
FOE	:	Faculty of Education
HPPE	:	Health Physical and Population Education
SPSS	:	Statistical Package for the Social Sciences
T.U.	:	Tribhuvan University
VDC	:	Village Development committee
UNICEF	:	United Nations International Children's Emergency Fund
WHO	:	World Health Organization

ABSTRACT

This study is about students food behavior in rural area. The study provides a preliminary analysis of the research questions to analyze causes of socio-economic status as well as peer pressure on the food consumption pattern and to find the causes of taking junk food at three schools of Modi-4, Kyang, Parbat.

This study is descriptive in nature which accompanies the primary source of data as interview schedule and secondary sources of data as journals, reports, and magazine, online. The research field has been selected by using purposive sampling method. The sample size of the study is 169. It have been selected by using purposive sampling method. The research inquired the response of respondents by using interview schedule to enable the entire research a successful completion. After data collection, the data verified, manipulated and tabulated according to SPSS then mathematical analysis and interpretations were adopted into percentage logistic term and conclusion was withdrawn and proved.

Food behavior in rural area is a socioeconomic issue. It is related to limited social and economic resources and may be linked to disparities in access to healthy foods. Added sugars and added fats are far more affordable than are the recommended “healthful” diets based on lean meats, whole grains, and fresh vegetables and fruit. There is an inverse relationship between food behavior and socioeconomic status as well as surrounding environment. Good taste, high convenience, and the low cost of energy-dense foods, more satiating power, may be the principal reasons for taking junk food. If so, then encouraging low-income households to consume more costly foods is not an effective strategy for public health. What is needed is a comprehensive policy approach that takes behavioral nutrition and the economics of food choice into account.