

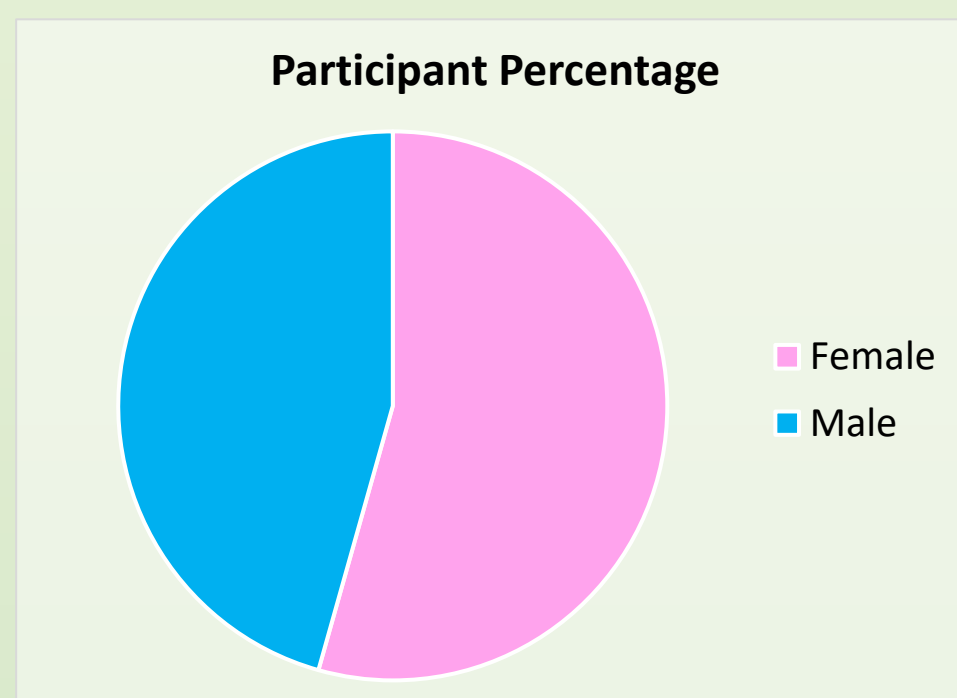
# The Ups And Downs of Human Food Habits

## Introduction

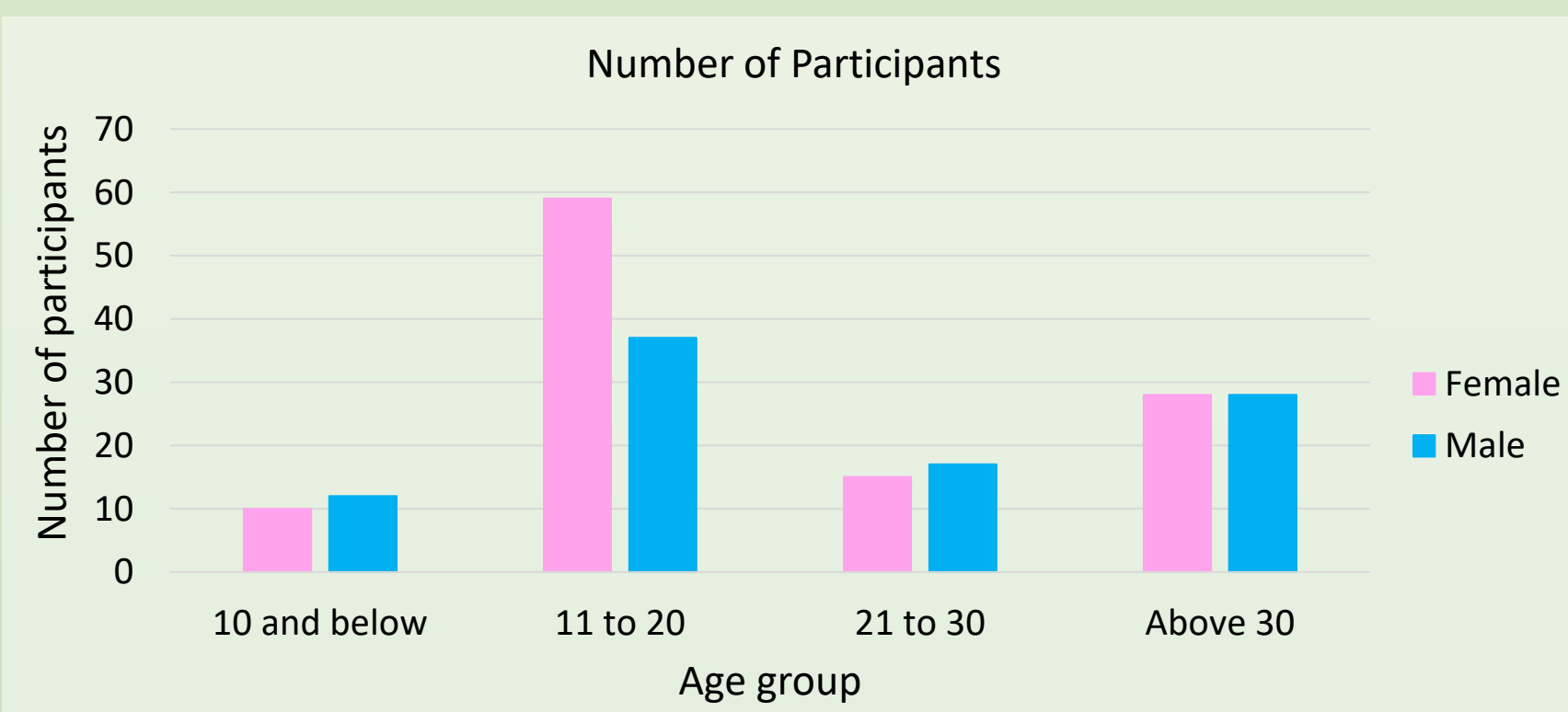
- Everybody has favorite foods and certain food habits. In my project, I wanted to explore how much of a change occurs and how it alters as we grow older in age.
- I hypothesized that there would be a difference in food habits among gender and age group.

## Procedure

To collect my data, I surveyed 206 people. I asked respondents 14 questions regarding their personal food habits. Then, I categorized the data by gender and age groups and calculated the percentages. Microsoft Excel was used to analyze the data.



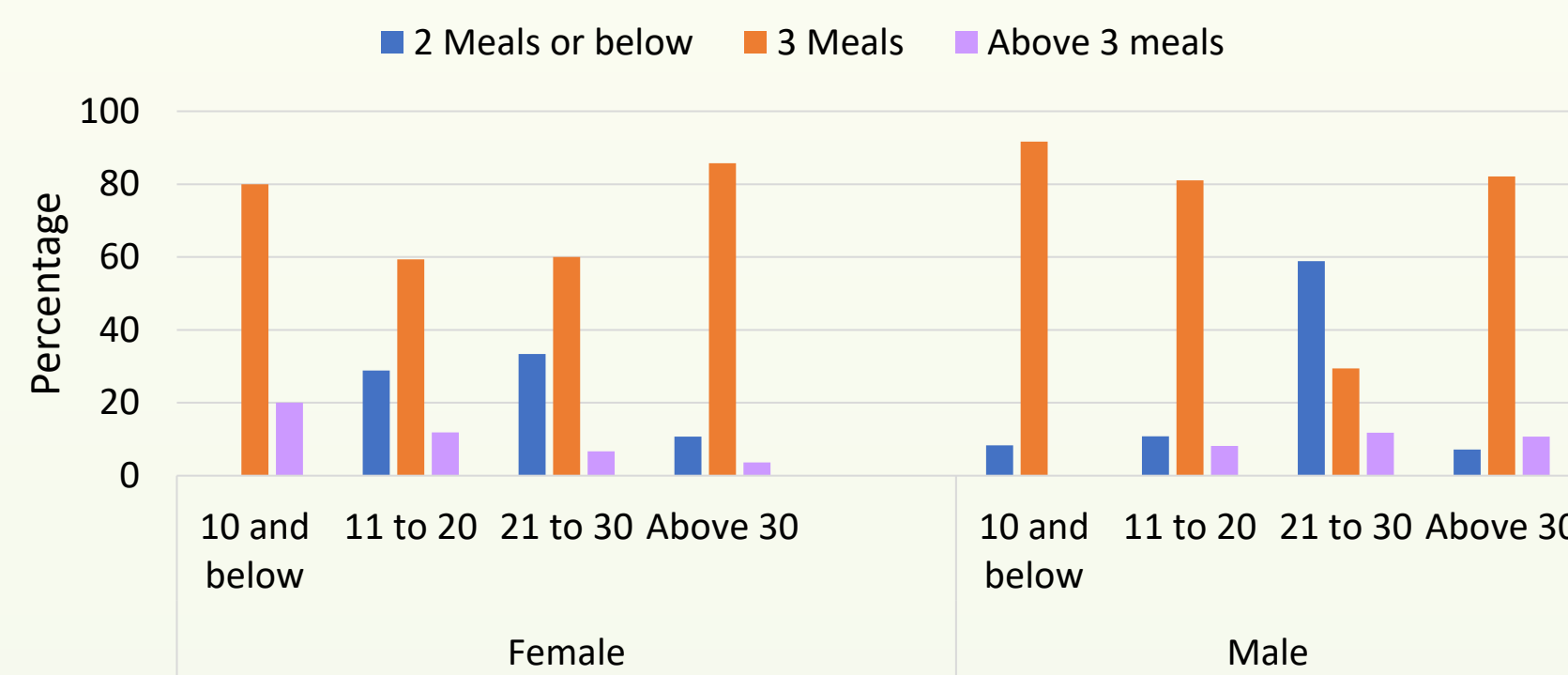
Out of the 206 participants, 46% (94) were male and 54% (112) were female.



Male : Female ratio was close in all age categories except in the 11 to 20 age group.

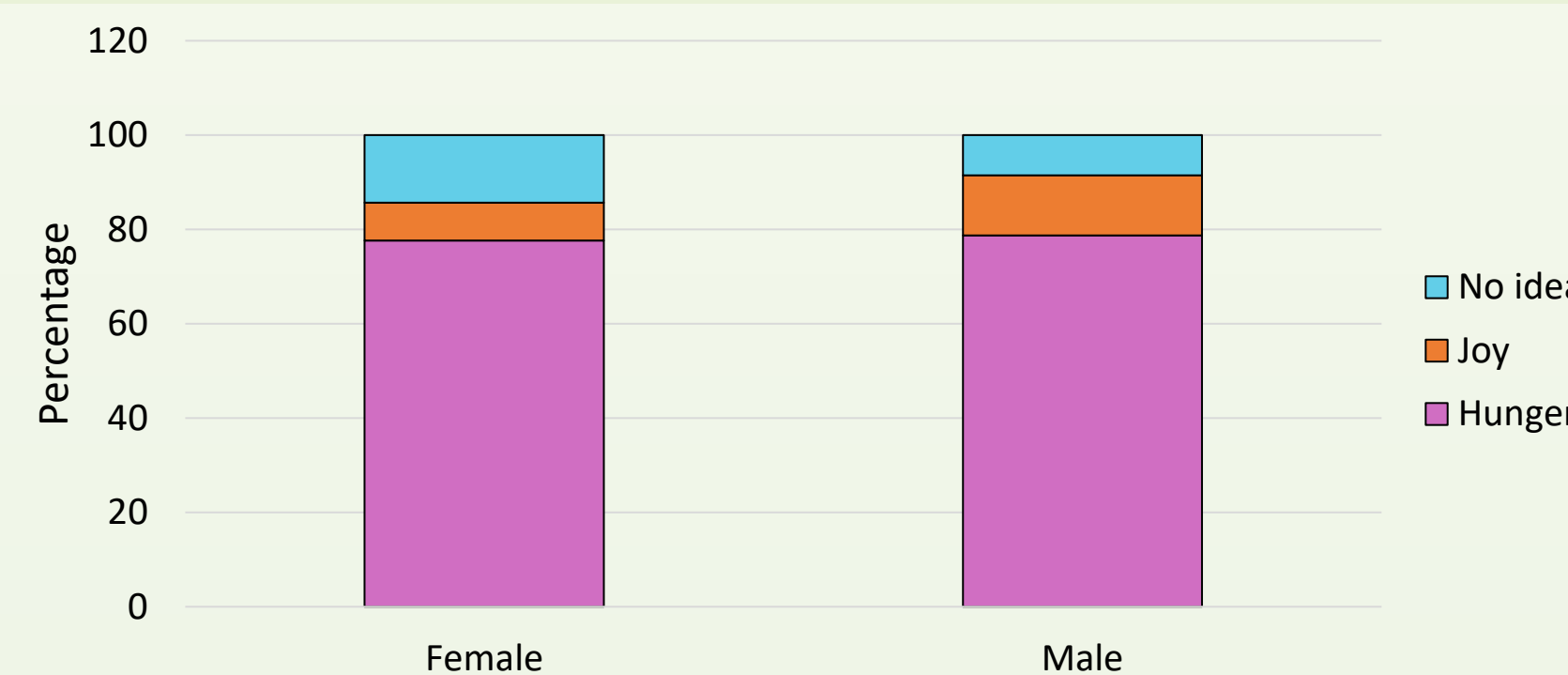
## Results

### How many meals do you eat per day?



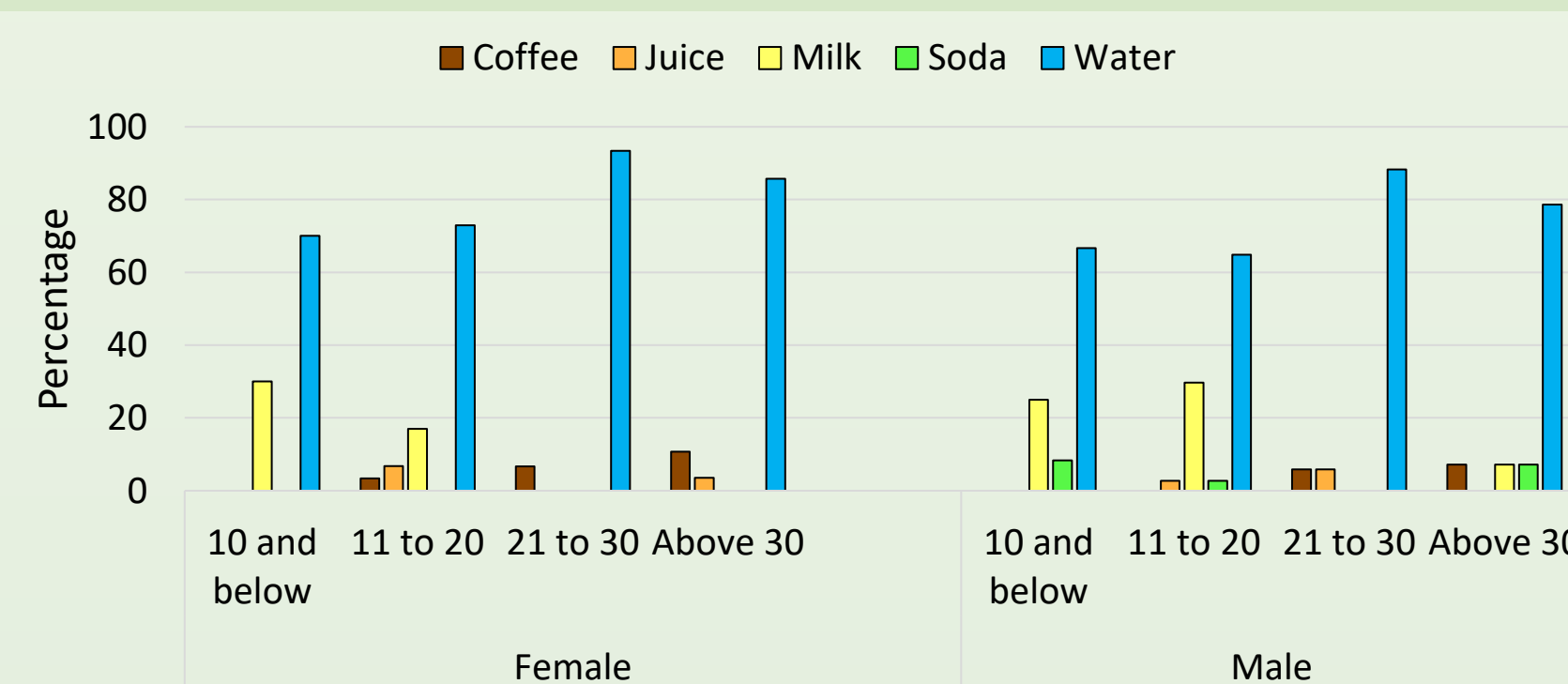
- Majority of the females and males have three meals per day
- The number of females who eat above three meals decreases with age
- The number of males who eat above three meals increases with age
- 11 to 20 and 21 to 30 age group have a more variety in their meal count

### Why did you eat your previous meal?



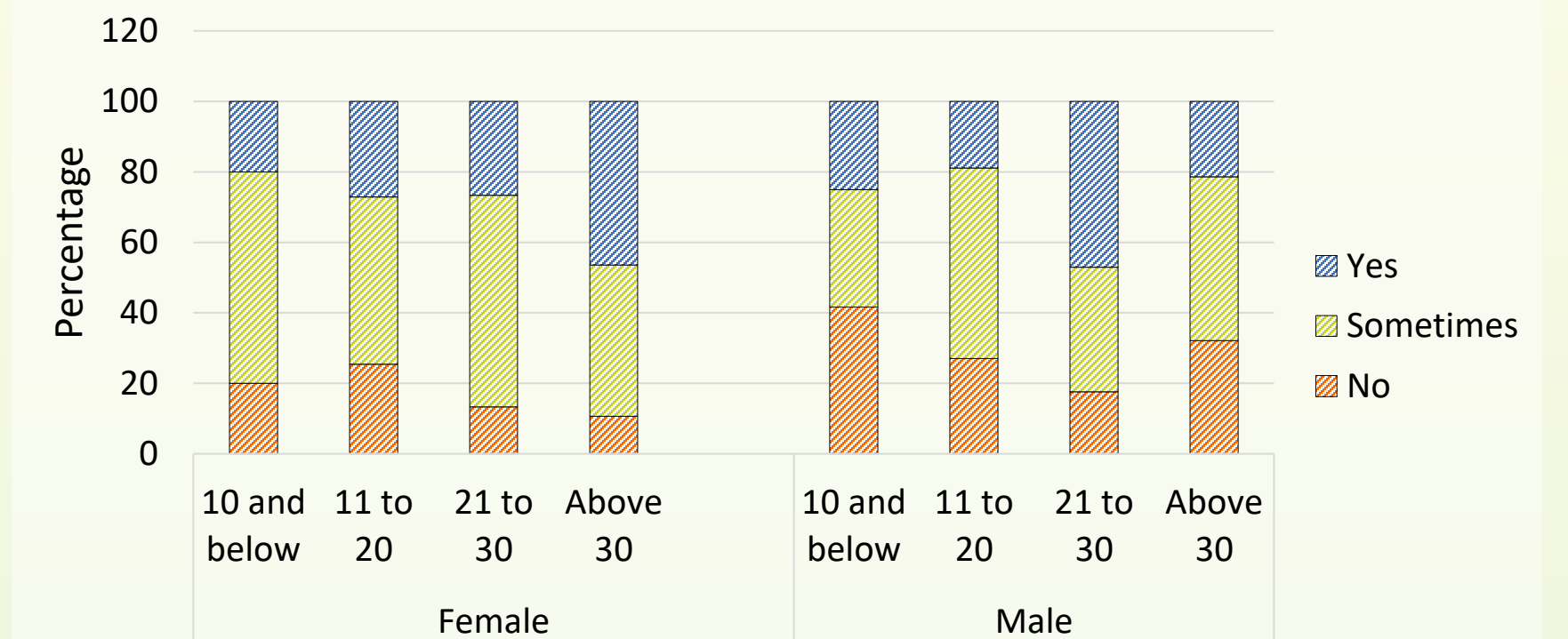
- Both males and females have many participants who eat their meals out of hunger
- Males have more participants who eat their meals out of joy compared to the females
- Surprisingly, there are people who eat their meals without a reason and many of them are female

### What do you usually drink?



- Many of the participants prefer to drink water than other drinks
- When both genders age, milk will be replaced with water and coffee
- None of female participants drink soda
- Many females start to drink coffee at 11 to 20 while the males start at age 21 to 30

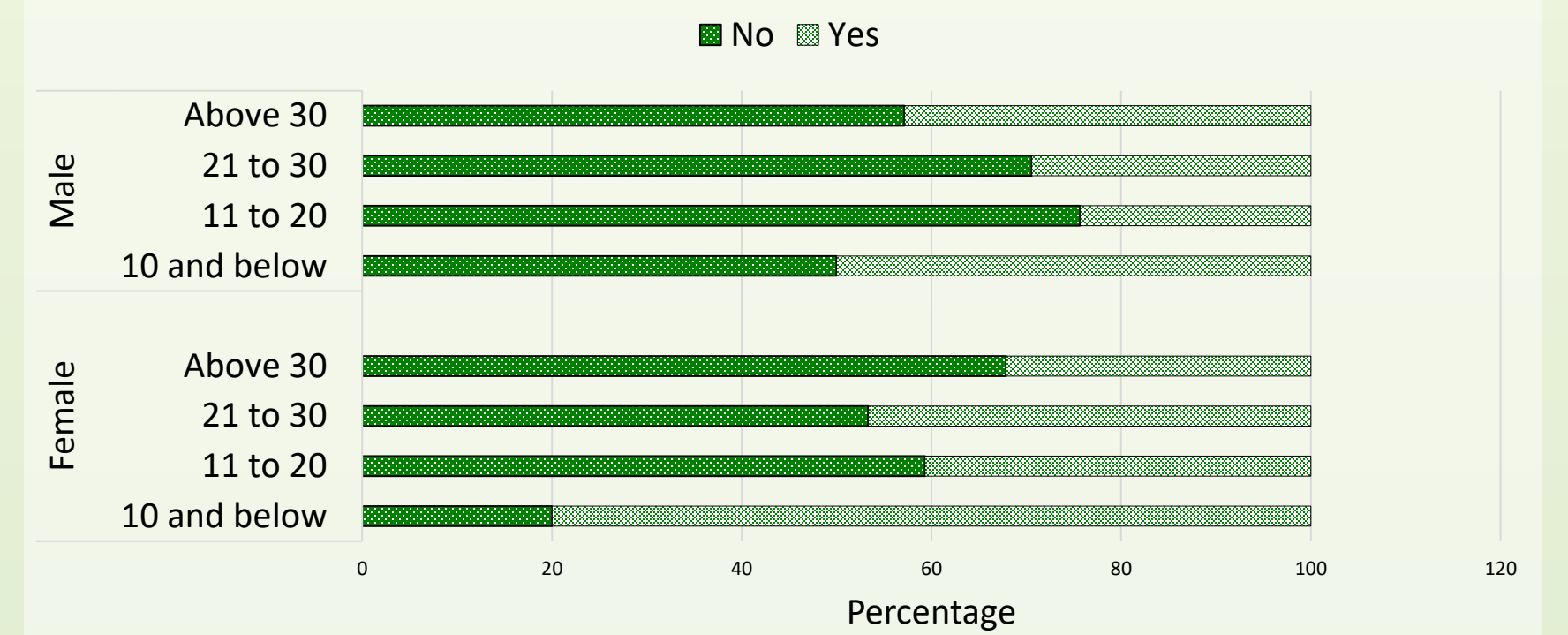
### Do you look at nutrition facts?



- About half of the participants look at the nutrition facts sometimes
- More female participants start to read the nutrition facts as they get older

### How many meals do you eat per day?

#### Do you usually discard your leftover food?



- The female participants start discarding food less as they age
- Males at age 11 to 20 discard their food the most compared to other age groups

## Conclusion

- The graphs indicate that people do change their food habits as they grow older. We can see that it is not only their type of food or drink, but food habits like discarding food can also change
- These graphs show that majority of the participants share some of the same food habits like eating three meals per day and having water as a main drink
- Many of these changes may associate with the change of environment. For example, between the ages 11 to 30, one might be in college where they won't be focusing on their health and more on their studies.