

SURVEY ON KNOWLEDGE AND CONSUMPTIONS  
TOWARDS GREEN TEA EXTRACTS  
AMONG STAFFS IN FOON YEW HIGH SCHOOL,  
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## ABSTRACT

Green tea is one of the most popular beverages consumed in Asian countries, contains a class of polyphenols, known as catechins. From ancient times its habitual consumption has long been associated with health benefits (Clement 2009). It has led to boost the demand for green tea extract ingredients in the food application, fortification, cosmeceutical industry and supplements industry by heightening awareness about the beneficial effects of green tea are. The aims of this study were to investigate and correlate the knowledge level towards green tea extract and green tea consumptions between the socio-demographic characteristics (i.e. age, gender, race, income level, smoking status, health status) among teachers at Foon Yew High School, Johor Bahru. This study was conducted with questionnaire design and following with the data collection and analysis. Data from a total of 126 subjects were combined and Chi square test was performed to evaluate the association of knowledge level and consumption of green tea with the respect to different parameters (i.e. education level, major study fields, income level, and health supplement intake). The association between the frequencies for demographic characteristics was evaluated in the result. Among of them, the association between education level and green tea consumption is significant difference. Furthermore, there is significant difference ( $p > 0.05$ ) for the comparison between green tea and health supplement intake. However, there is no significant difference between the knowledge and consumption of green tea. Further studies can be aimed to investigate the knowledge level and consumptions of green tea respectively in Malaysia with a more diverse population as there had some limitations in this study.