

**NUTRITION KNOWLEDGE, ATTITUDE
AND PRACTICE AMONG FOOD
SCIENCE AND NUTRITION
STUDENTS IN UCSI**

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2008

ABSTRACT

As part of health care professionals, nutritionists should adopt a healthy lifestyle to be a role model for the community. People who have high nutrition knowledge, positive attitude and good practice may prevent chronic diseases and reduce premature death. Students graduated in Food Science and Nutrition degree could become nutritionist in future. The purpose of this study was to assess the nutrition knowledge, attitude, and practice and determine the correlation between nutrition knowledge, attitude and practice towards a healthy lifestyle among Food Science and Nutrition students in University College Sedaya International (UCSI). This study was a non-experimental quantitative research. This study was conducted on a total of 86 respondents which includes 11 males and 75 females. A questionnaire divided into 4 parts which included demographic question, nutrition knowledge questions, attitude questions and practice questions. The mean score of nutrition knowledge, attitude, and practice among respondents were 17.20 ± 3.55 out of 24 points, 19.79 ± 1.57 out of 22 points, and 14.26 ± 3.05 out of 22 points respectively. Hence, majority of students had high nutrition knowledge, positive attitude and good practice towards a healthy lifestyle. Significant difference found on comparison of mean practice with gender ($t = -1.913$, $p = 0.042$). Positive significant correlation between nutrition knowledge and attitude ($r = 0.289$, $p = 0.007$), attitude and practice ($r = 0.241$, $p = 0.026$), and nutrition knowledge and practice ($r = 0.305$, $p = 0.004$) were found in this study. In conclusion, nutritionists should have positive attitude and more practice on healthy food choice, physical activity, prevention sexually transmitted disease, and avoid smoking, not just focusing on nutrition knowledge.

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