

**KNOWLEDGE AND CONSUMPTION OF
ASCORBIC ACID AMONG UPPER
SECONDARY CHINESE STUDENTS OF
SMK TAMAN CONNAUGHT, CHERAS**

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ABSTRACT

Vitamin C is moderately associated with the consumption of fruits and vegetables. Scientific evidences indicates that higher consumption of fruits and vegetables rich in vitamin C are associated with improved health and decreased the risk of chronic disease. The objective of this study is to examine the association of socio-demographic variables, knowledge of vitamin C with consumption of vitamin C from food and vitamin C supplement use among the adolescents in SMK Taman Connaught, Cheras. A total of 254 upper secondary students completed the self-administrated questionnaires. Convenience sampling was used in this study. Data were collected and assessed the socio-demographic characteristics, knowledge about vitamin C, and consumption of vitamin C pills and foods. In terms of knowledge, females scored significantly higher ($p < 0.05$) than males. Students from higher income family tended scored better than those who were from lower income of family ($p < 0.05$, $r = 0.192$). The results reported that 31.5% of adolescents had low levels of consumption of vitamin C, 42.9% of students met marginal level, and 25.6% had high level of vitamin C consumption. It was discovered that total score of knowledge on vitamin C was significantly correlated to the consumption of vitamin C of the adolescents ($p < 0.05$, $r = 0.233$). Sciences stream students consumed significantly higher vitamin C than art stream students and a negative association was found among them ($p < 0.05$, $r = -0.157$). The results revealed that there was a significant difference between socioeconomic background to the daily intake of vitamin C by adolescents and they were significantly positive correlated ($p < 0.05$, $r = 0.179$). Results showed that a negative significant correlation was found between the mean of vitamin C daily intake and the frequency of eating out by the students. 18.9% of the students reported to have regular use of vitamin C supplement. In conclusion, the intakes of vitamin C were inadequate and improper use among adolescents, nutrition educations should be taken into considerations for improving their nutrition knowledge and consumption of vitamin C.