



Govt Degree College, Nandyal

Community Service Project

FOOD HABBITTS

Submitted

By

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I B.Sc(MPCA)(II Semester)

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Under Mentorship

Of

M. Padma

Project Mentor

Lecturer in Computer Applications

**Govt Degree College Srisailam Project,
Nandyal Dist.**

DECLARATION

I hereby declare that the project entitled “Community service project” submitted by me to Controller of Examinations Govt Degree College, srisailamproject, Nandyal Dist in partial fulfilment of the requirement for the award of the Degree of BSc. This is a record of actual project work carried out by me under the guidance of M.Padma, Lecturer in Computer Applications. I further declare that the work reported in this project has not submitted and will not be submitted, either in part or in full, for the award of any degree in this institute or any other institute or university.

Name:

Date:

CERTIFICATE

This is to certify that _____ studying IB.Sc. MPCA
at Govt Degree College, Srisailam Project, Nandyal Dist has successfully completed
her community service project on _____ under the guidance
of M.Padma, Lecturer in Computer Applications.

Signature of Mentor

Signature of Examiner

Signature of the Principal

ACKNOWLEDGEMENT

I wish to express my gratitude to those who extended their valuable cooperation and contribution towards the project

I would like to thank our Principal Madam Dr.P.Hussain Basha Garu for facilitating the project and providing her guidance throughout the duration of the project.

I would like to express gratitude to my project guide M.Padma Garu, Lecturer in Computer Applications for her valuable time and continuous assistance for the successful completion of the project.

I would like to thank the faculty and staff of the institute for their support.

GRADE SHEET

S.No.	Part of work	Marks awarded	
		Max marks	Marks awarded
1.	Awareness on project		
2.	Implementation		
3.	Survey		
4.	Report writing		

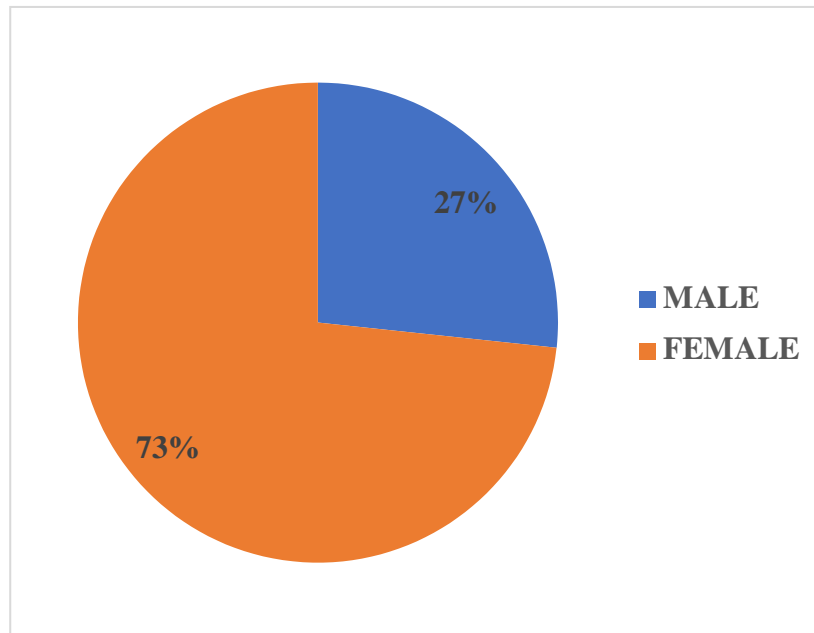
SURVEY LOCATION



Location: Ward No-6, Sachivalayam No-1, Eastren Colony, NandyalDist

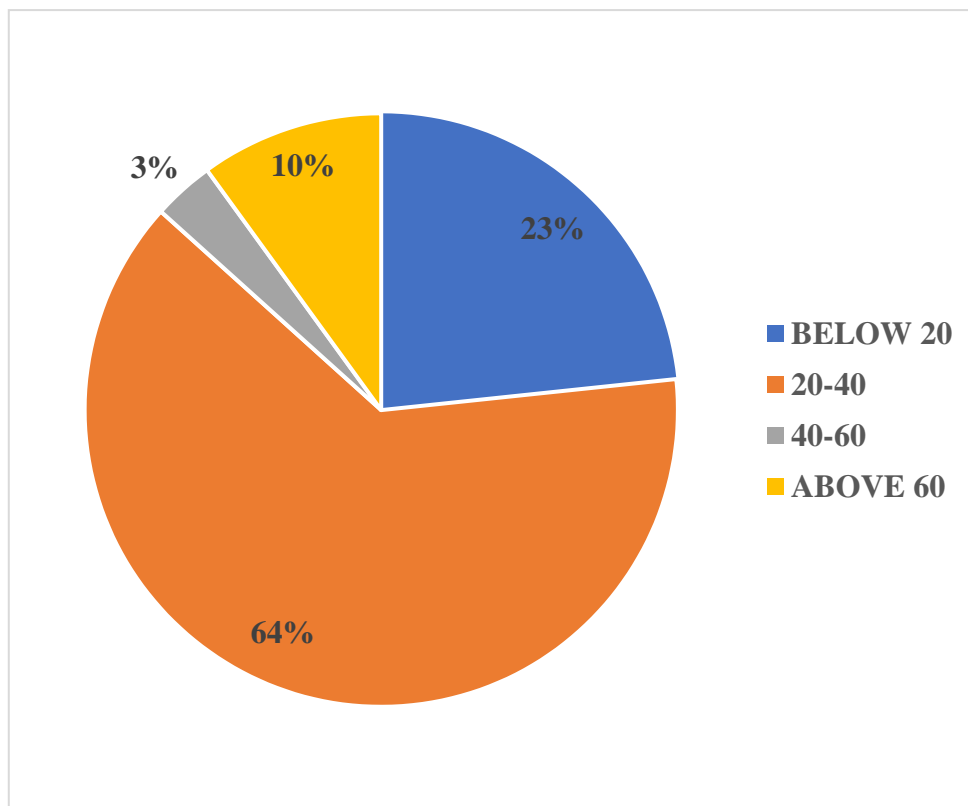
Classification of Respondents based on Gender

GENDER	
MALE	8
FEMALE	22



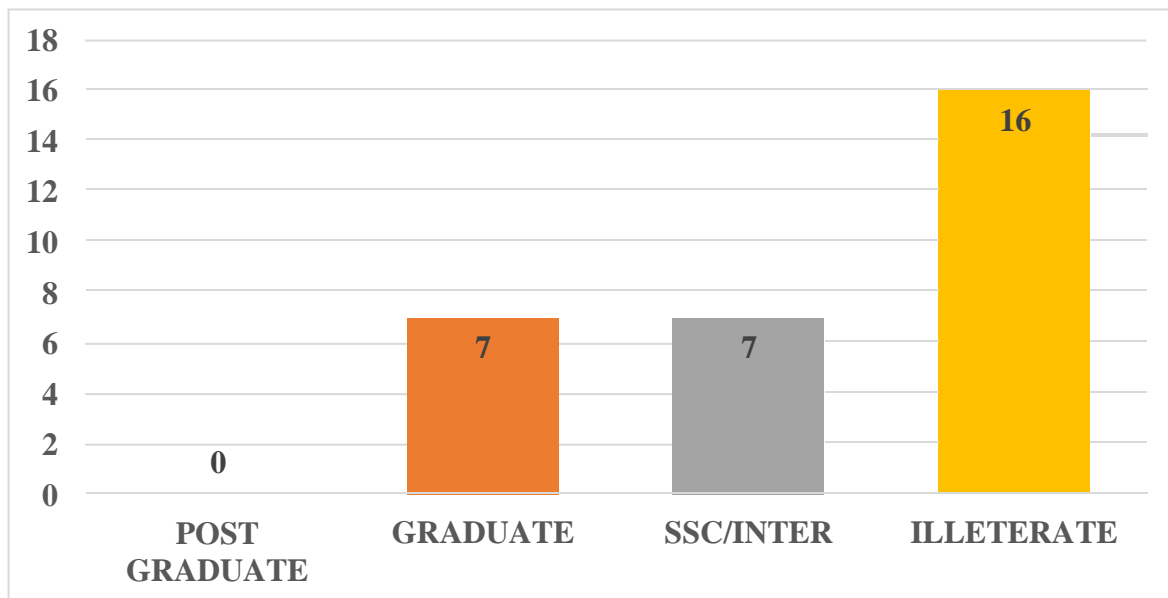
Classification of Respondents based on Age

AGE	
BELOW 20	7
20-40	19
40-60	1
ABOVE 60	3



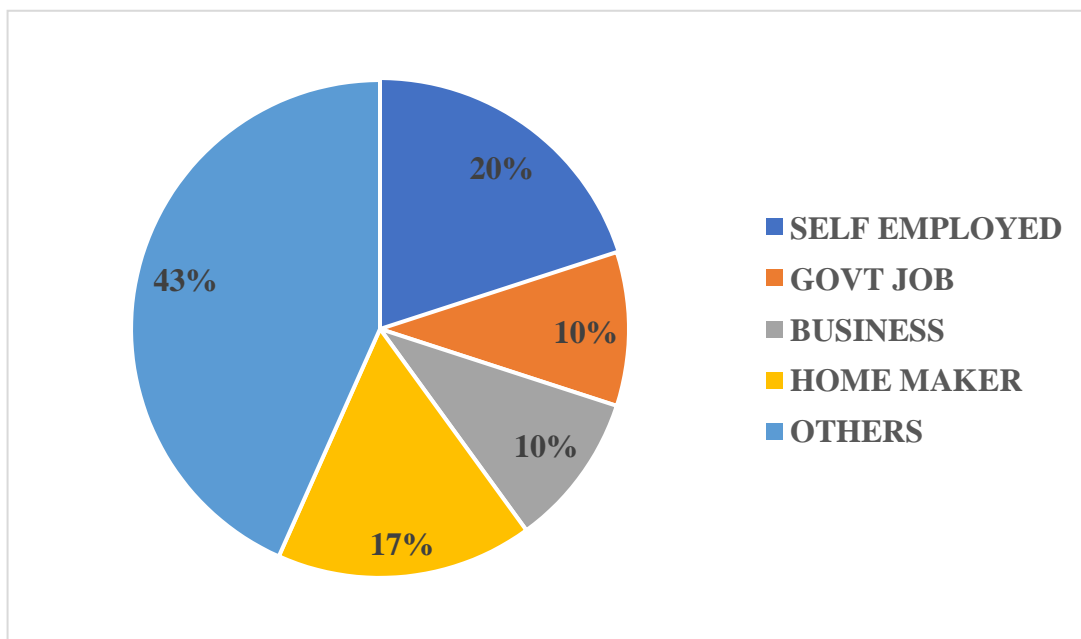
Classification of Respondents based on Education Qualification

EDUCATION QUALIFICATION	
POST GRADUATE	0
GRADUATE	7
SSC/INTER	7
ILLETERATE	16



Classification of Respondents based on Profession

PROFESSION	
SELF EMPLOYED	6
GOVT JOB	3
BUSINESS	3
HOME MAKER	5
OTHERS	13



SURVEY PHOTOS



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OBJECTIVE OF COMMUNITY SERVICE PROJECT

Community service **provides an individual with the opportunity to become active members of the community and has a lasting, positive impact on society at large.**

Community service or volunteerism enables individuals to acquire life skills and knowledge, as well as provide a service to those who need it most.

The objective of community service project is that an individual should be able to understand and describe

- The concept of community service
- The social, public and community responsibilities of the professionals
- The types and concept of volunteer work.
- To understand social conditions of the people.
- To know the economic conditions of the people.
- To create awareness among the people regarding the problem identified.
- To carry on a survey and to analyse the current situation.

INTRODUCTION

I have chosen to do Community Service project on the topic Food habits in the locality Ward No-6, Sachivalayam No-1, Eastren Colony ,Srisailam Project,Nandyal Dist. I have chosen 30 houses for my project. It is a residential area and will be moderately busy.

SCOPE OF STUDY

The study has been conducted based on the responses of the selected respondents in Kurnool city. Hence, the inferences, findings of the analysis need not hold good totally for the Kurnool city as a whole if the country at large.

The study was limited to the 30 responses of residents in Kurnool.

METHODOLOGY

Quantitative research is carried out by interviewing the people. In the first week socio economic survey was carried out and problems were identified. In the second week awareness was brought and suggestions were given regarding the problems identified among the localities. In the third week survey was conducted using questionnaires and in fourth week project report was written.

PROJECT SPECIFICATIONS

TOPIC: FOOD HABITS

ABSTRACT

The term eating habits (or food habits) refers to why and how people eat, which foods they eat, and with whom they eat, as well as the ways people obtain, store, use, and discard food. Individual, social, cultural, religious, economic, environmental, and political factors all influence people's eating habits.

A meal is usually defined as the consumption of two or more foods in a structured setting at a set time. Snacks consist of a small amount of food or beverage eaten between meals. A common eating pattern is three meals (breakfast, lunch, and dinner) per day, with snacks between meals. The components of a meal vary across cultures, but generally include grains, such as rice or noodles; meat or a meat substitute, such as fish, beans, or **tofu** ; and accompaniments, such as vegetables. Various food guides provide suggestions on foods to eat, portion sizes, and daily intake. However, personal preferences, habits, family customs, and social setting largely determine what a person consumes.

KEYWORDS

Meal, Food habits, Eating Patterns, Components of meal

INTRODUCTION

Food is a substance consisting essentially of protein, carbohydrate, fat, and other nutrients used in the body of an organism to sustain growth and vital processes and to furnish energy. The absorption and utilization of food by the body is fundamental to nutrition and is facilitated by digestion. Plants, which convert solar energy to food by photosynthesis, are the primary food source. Animals that feed on plants often serve as sources of food for other animals. To learn more about the sequence of transfers of matter and energy in the form of food from organism to organism

A habit involving the regular consumption of certain types of food ; the consistent choices one makes regarding eating , such as food choices, amount of food consumed, frequency of eating, etc.

Food Habits is therefore the way in which people select, cook, serve and eat foods that are available to them. Food habits differ from one ethnic group to another and from one country to another. These differences come about because of many influences on people.

Hunting and gathering, horticulture, pastoralism, and the development of agriculture are the primary means by which humans have adapted to their environments to feed themselves. Food has long served as a carrier of culture in human societies and has been a driving force for globalization.

5 GOOD EATING HABITS TO ACHIEVE YOUR HEALTH GOALS

Most of the time, health goals relate to our eating habits. When we want to lose our belly fat, we have to change the way we eat. Here are 5 good eating habits which will help us to achieve our health goals.

We have goals for our relationships, careers, finance and also health. They are expressions of our inner desires or what we want from our lives. Often we write them down to make these goals more concrete and also as reminders to ourselves to keep moving towards our goals.

When it comes to health, we often have fitness and food goals like losing weight, exercising regularly, eating healthier or making better food choices. Losing weight could take months. Exercising regularly could take years while eating healthier and making better food choices are hard to measure.

Before we achieve these goals, we may feel discouraged and give up. To stay on track, we can break down these health goals into smaller and more realistic steps - steps that are easier to measure and track weekly or monthly so that we can see our progress and feel motivated.

For instance, we could set a smaller goal to develop a healthy eating habit such as drinking water instead of sweetened drinks during lunch.

Here are 5 good eating habits which will definitely help us to achieve our food goals. For those of us with diabetes, these healthy eating habits will also help us to control our blood sugar.

#1 Choose Water

Set a goal to drink water instead of sugar-sweetened drinks. To make this more measurable, write down how often you will make this choice e.g. 5 times a week.

#2 Eat Slowly and Mindfully

It takes about 20 minutes for your brain to send out signals that you are full. Eat slowly. Take the extra time to pay attention to what we are eating and how much. To make this more measurable, write down how often you will make an effort to take at least a half hour to finish your meal.

#3 Stick to One Serving

For those of us who love having seconds, eating one serving will help us keep our calorie intake in check. Challenge yourself to stick to one serving and also standard portion sizes.

#4 Eat Fruit and Vegetables

Set a goal to fill half your plate with fruit and vegetables at every meal. Fruit and vegetables are naturally low in saturated and trans fat, and rich in dietary fibre, vitamins and minerals. Or simply set a goal to use My Healthy Plate for all meals.

#5 Swop to Wholegrains

Eating wholegrain foods such as brown rice, wholemeal bread and rolled oats can help reduce the risk of developing heart disease and diabetes. They can also help with weight management because they keep you feeling full longer and reduce the need for snacking. Set a goal to ask for brown rice and make it measurable e.g. ask for brown rice at least 3 times a week at lunch.

These 5 good eating habits take time to develop. Be patient. When we slip up, rather than give up, we should persevere. These changes, no matter how small, make a big difference to our health.

THE DANGERS OF UNHEALTHY EATING

The effects of unhealthy eating can sometimes result in obvious physical changes, such as acne, bloating and weight gain. Certain unhealthy diets, like those linked to too much fast food, can result in obesity and related diseases.

According to the Centers for Disease Control, having overweight or obesity can increase the risk for diabetes, heart disease, osteoarthritis, stroke and many other conditions. Obvious physical changes don't occur to everyone. However, just because the effects of unhealthy eating aren't obvious doesn't mean they aren't happening. It's possible to consume an unhealthy diet for a long time and suddenly experience its effects.

According to a Civil Eats interview with Hilal Elver, the United Nations Special Rapporteur on the Right to Food, junk foods and fast foods are a leading cause of malnutrition. Malnutrition is one of the biggest dangers of unhealthy eating and can lead to diseases like scurvy. Caused by a deficiency in vitamin C, scurvy can happen to people who prefer carbohydrate-rich diets, avoiding fresh fruit and vegetables. An unhealthy diet won't immediately cause scurvy. You'd have to be vitamin C-deficient for about three months before getting this disease.

Nutrient deficiencies can also have long-term effects. According to the book *Modern Nutrition in Health and Disease*, written by Department of Nutritional Sciences researchers at Pennsylvania State University, certain vitamins and minerals can reduce your chance of diseases that appear later in life, like osteoporosis. Calcium and vitamin D contribute to bone health and can reduce the risk of osteoporosis as you age.

The effects of your eating habits are more important than you may realize. Every food that you eat has the potential to change your gut microbiome. According to a 2014 study in *Nature*, trillions of microorganisms reside in your digestive system. The microbes that live in these communities are influenced by the foods you eat every day. Unhealthy diets can cause an imbalance in these microbial communities and allow too many of a certain type to live in your gastrointestinal tract. This can negatively impact digestion, metabolism and cause diseases like inflammatory bowel disease. Because your gut is directly linked to your brain through a cranial nerve, your diet can even impact your mental health.

The effects of eating habits may be more influential than you think. It's important to be aware of both the short-term and long-term effects of unhealthy eating, and to always try to consume a balanced diet.

QUESTIONNAIRE

GOVERNMENT DEGREE COLLEGE SRISAILAM PROJECT
COMMUNITY SERVICE PROJECT

Socio-Economic Survey

Name of the Student :
Group :
Registration Number :

House No.		Habitat		Panchayat	
Post office:		Mandal		District	

1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession

2. Social Status details:

(i) Caste: SC/ST/BA-A-B-C-D/OC (ii) Sub-Caste: (iii) Religion:

3. Economic Status details:

- (i) Type of House Building: Hut/ Semi Pucca/ Pucca/ Apartment/ Bungalow
(ii) Nature of House building: Own/ Rented
(iii) Drinking Water facility: Well/ Bore-well/ Govt. Tap connection/ Commontap
(iv) Availability of Agricultural land: Yes/ No
(v) Extent of Agricultural land: _____ Acres
(vi) Names of crops: Paddy/ Sugar cane/ Ground nuts/ Vegetables/ Any other _____
(vii) Cattle: _____ Cows _____ Ox _____ Buffaloes _____ Sheep/ Goats
(viii) Do you have own toilet: Yes/ No
(ix) Type Cooking fuel used: LPG/ Kerosene/ Electricity/ Wood/ others specify _____
(x) Is any family part of DWACRA group: Yes/ No
(xi) Do you have Ration Card: Yes/ No
(xii) Do you have vehicle: Two wheeler/ Auto/ Car/ Any other vehicle _____

4. Health Details:

(i) Diseases in family:

(ii) Treatment in which Hospital:

(iii) Any PH Persons in family: Yes/ No

S.no.	Name of the person	Gender	Age	Nature of Disability

(iv) Do you have Govt. Arogyasri Card: Yes/ No

5. Other Details:

(i) Do You have TV: Yes/ No

(ii) Do You have Dish Connection: Yes/ No

(iii) Channels Watched regularly: 1. _____ 2. _____ 3. _____

(iv) Do you have Mobile: Yes/ No

Mobile Number: _____

(v) Do you have Laptop: Yes/ No

(vi) Is internet available at home: Yes/ No

6. Name of the Govt. Schemes received:

Jagananna Vidhya Deevana Yes/ No

Jagananna Vasathi Deevana Yes/ No

Raithu Bharosa Yes/ No

Any other scheme: _____

Any other scheme: _____

7. Any three problems faced in the village:

(i)

(ii)

(iii)

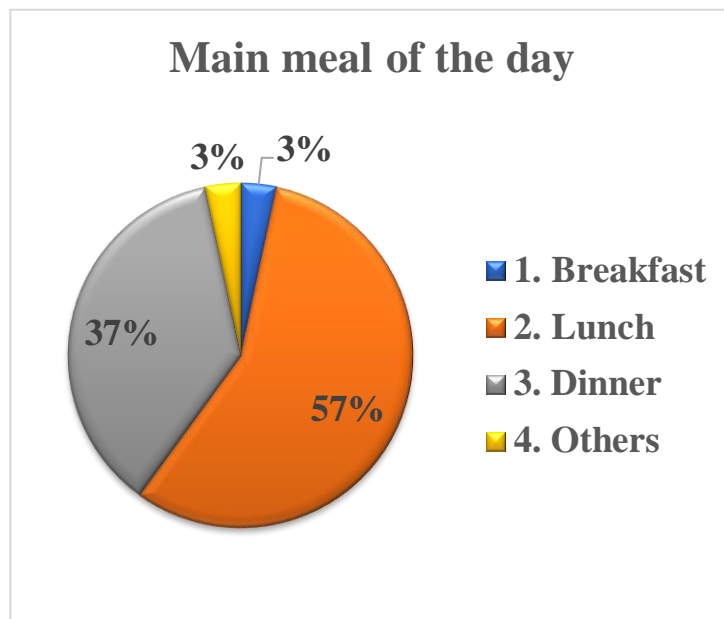
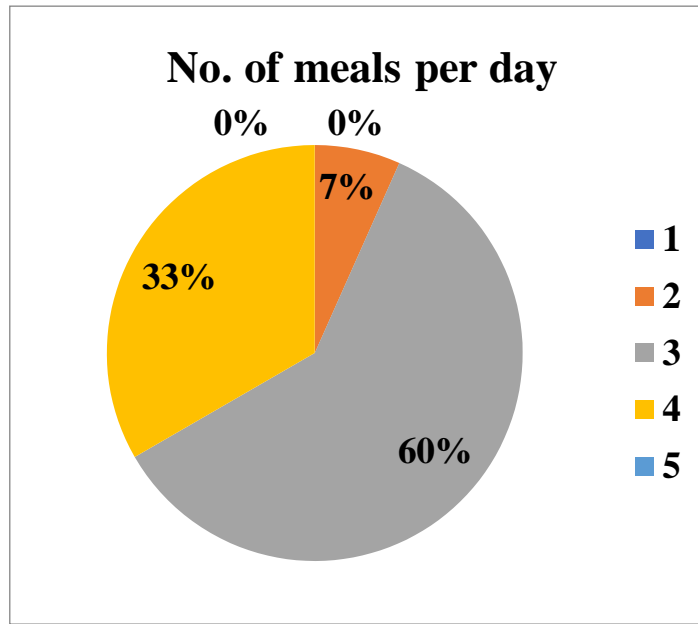
Place: _____

Date: _____

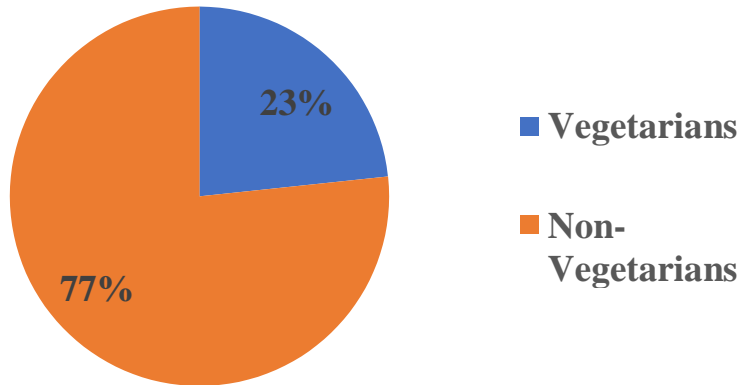
Signature of the Mentor

Signature of the Student

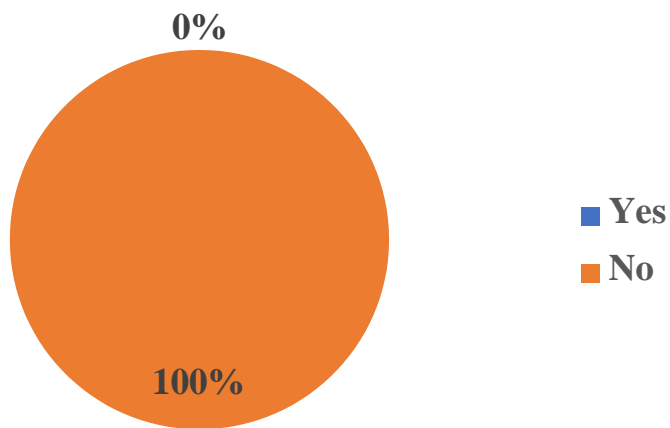
DATA INTERPRETATION AND RESULTS



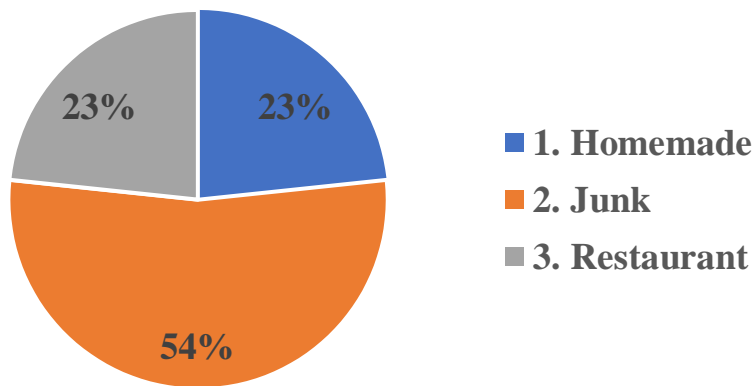
Food category



Food Allergies



Favoraite food



CONCLUSIONS

A healthy diet is essential for good health and nutrition. It **protects you against many chronic non communicable diseases, such as heart disease, diabetes and cancer**. Eating a variety of foods and consuming less salt, sugars and saturated and industrially-produced trans-fats, are essential for healthy diet.

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