

Awareness the Effect of Quality Food and Nutrition on Health Will Help Develop a Healthy Lifestyle

Authors : Hammah Nisar

Abstract : As food is something which is particularly important for survival, in fact, it improves the quality of life and promotes health. Quality food is a key to a healthy life. Consumption of food depends on the knowledge we have regarding the nutrients it contains. Moreover, the awareness and knowledge about something is an initial stage for its improvement. We cannot work on anything unless we have knowledge about it. The pros and cons, effects, causes, dos, and don'ts, especially for an important things like food, are a necessity to learn. That is why my research would be all about analyzing what difference awareness makes on people and how making people more aware about a certain thing can help them improve their lifestyles and bring a positive change for them. The research would be done through questionnaires and interviews among two classes, one would be the upper class and the other would-be lower class. Because the upper class can easily access learning facilities and can know about the new things than the lower class. The questions would be related to what kind of food do they consume, what health issues they face, or what health issues are common among their regions. The results of the research would be helpful to know firstly the effects of awareness and education regarding food on health, how a basic thing like knowledge can have a significant effect on health and can be the cause of several diseases.

Keywords : nutrition, awareness, quality food, knowledge

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