

## Factors Influencing the Choice of Food Intake of Students of the Federal Polytechnic, Bida, Niger State, Nigeria

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**Abstract :** The purpose of this study was to determine the factors influencing the student's choice of food intake, a case study of the Federal Polytechnic, Bida. A review of the past work was done, and many key points were noted. A sample population of 1000 students was selected randomly (i.e. 200 students from each school) who were in the 2011/2012 academic session. The factor influencing the students' foods intake ranges from economic factors (food cost, income, availability of food), physical factors (easy to cook, shortest time), social factors (cultural, family and meal pattern) attitudes, belief and knowledge about food were discovered. The data collected were tabulated in frequency and percentages. It was revealed that 'easy method of cooking and preparation' influenced students' choice of food intake more (34%) and the food frequency questionnaire shows that the students eat more of carbohydrates foods compared to other classes of food. The cooking skills of students were low (1%) which may be responsible for the limitations in the food choices. It is, therefore, recommended that students should be equipped with sound cooking skills to increase their range of food intake. Variety is needed in diet/meal because the required nutrients are scattered among many different foods.

**Keywords :** factors, food intake, influencing, choice, students

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