

**INSTITUTE OF SOCIAL COMMUNICATION  
TANGAZA COLLEGE  
THE CATHOLIC UNIVERSITY OF EASTERN AFRICA**

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**07028C**

**TREATMENT AND STRUCTURE OF RADIO PRODUCTION**

**“EATING HABIT IN UNIVERSITIES”**

**(The role of media on how to promote healthy eating)**

**SUPERVISOR**

**Francis Chishimba**

**A Production submitted in Partial Fulfillment of the Requirements for the Bachelor of Arts  
in Social Communication**

**NAIROBI 2011**

## DECLARATION

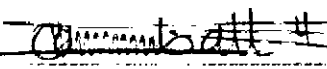
I the undersigned student, declare that this production is my original work that I achieved personally through scientific research, interviews, readings and personal experience of eating junky foods and observation on how university students eat. I therefore declare that this production has never been submitted to any university or college for academic performance. All sources fully cited and acknowledged.

Signed: -----

Name of the Student: MINYONGIA T. KEMURTO

Date: 15/06/2011

This radio production has been submitted for examination with my approval as the college supervisor.

Signed: -----

Supervisor's name: CHIMMORA FRANCIS

Date: 20/06/2011

## **DEDICATION**

I sincerely dedicate this production to my two nieces Cynthia and Leonia who are about to join university the year 2012 and all other university students who are willing to take a step of change in their eating.

## ACKNOWLEDGEMENT

First and foremost I need to thank my everlasting almighty God for giving me breath and good health in that I have accomplished this project without any health problem.

I also wish to thank the entire social communication fraternity for their endless support to use the facilities in any time until I have seen this production a success

My special appreciation goes to my lecturer and supervisor Francis Chishimba whom we have journeyed together since my first year in Tangaza College and his noble work in ensuring he has empowered me with the knowledge of radio, by transmitting his skills to me until today I feel so productive. To you Francis I salute you.

I also thank my husband Evan for standing with in times of my study years to ensure that I have peaceful times and also the provision he has given me all through. To my dear thank you so much.

I can't forget to thank our family Mum Anne and Dad Kefa Brother Augustus and sister's Maureen and Wilkister who have been with me during all these times and their motivation not to give up when I was down.

And of course my academic sponsor Ioni Lbner for his tireless effort to ensure that I don't miss classes because of school fees.

Finally to all who supported me in academic endeavors he blessed greatly and I love you all

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## 1.0 GENERAL INTRODUCTION

This production is about a sensitive topic which touches human interest. We are living in a world whereby everybody is aiming at doing things differently so as to be unique from others. That is why I have decided to tackle the issue of nutrition. Eating is a choice that we all make whether good or bad it entirely depends on the individual. No matter what it takes to make choices on what to eat at what time and place, little we often consider the choices we make whether we are eating proper nutrition, under nutrition or over nutrition. Clemency Mitchell., observes that <sup>1</sup>“our own choices can lead us to better health and longer life or poor health and early death”.

Hence the question, why do we eat? There are so many possible answers to this question some may say we eat to live whereas others may say it is because we enjoy food and others it can be to satisfy hunger. But with the curiosity of nutrition in mind there is more than this, referring to Oomen and Grubben.,<sup>2</sup>“We eat food so that our bodies may get what it needs to grow and to be healthy”.

However, eating habit is a trend which is not taken seriously in this present generation. As much as we are entitled to eat anything which one feels like, it is also paramount to observe health laws. These laws will guide us on what to eat, how we should eat and maintain our bodies.

The importance of nutrition cannot be overstated knowing very well that our bodies are the temples of God and that the same God gave us the ability to fulfill the responsibility of taking

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<sup>1</sup> Clemency M., ( 1983), *vibrant health in the twenty first century: we are what we eat*: Published by The Stanborough Press Ltd (Lincolnshire) p117

<sup>2</sup> Oomen H.A.P.C., & Grubben G.J.H., (1997), *Tropical leaf vegetables in human nutrition: Nutritional value of vegetables*: Published by Koninklijk Institute Voor De Tropen (Amsterdam) p25

care of them. According to Nathaniel Otieno Oloo,<sup>3</sup> “proper nutrition is not a luxury, but a divine obligation. Improper nutrition can have devastating consequences, even resulting in death” We should always remember that, we are fearfully and wonderfully made and it is for this reason that we should be on the look out on what to give our bodies. This is also attributed by Clemency Mitchell,<sup>4</sup> “our bodies are wonderfully designed machines, and if treated well they work very efficiently and economically”.

Even the bible reminds us that,<sup>5</sup> “if you listen carefully to the voice of your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians. for I am the Lord who heals you”

### 1.1 Role of Media

This production aims at using media as a tool to promote healthy eating. Due to alarming cases of poor nutrition, media as a whole has been on the forefront in educating people on how to eat properly so as to avoid foods that can harm their bodies.

However, this is different in many universities. Instead, students have come up with their way of eating and by so doing they treasure things like sausages, and a lot more of snacks they have little consideration on the harm caused by these kind of foods and this in relation to classic fm news.,<sup>6</sup> “research done by Harvard University about eating habit among university students eating a lot of sausages causes heart disease”. Not only is that but there are so many more diseases affiliated as a result of eating junky

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Nathaniel O.O. (1997), *Practical hints of healthy eating: Food for the body*: Published by Pauline s Publication Africa p6

<sup>4</sup>Clemency M., ( 1983), *vibrant health in the twenty first century: we are what we eat*: Published by The Stanborough Press Ltd (Lincolnshire) p121

<sup>5</sup> The Holy Bible, 1984, *New International Version: Exodus 15:26*, international Bible Society, Printed in England by Clays Ltd, St Ives plc: p52

<sup>6</sup> Classic fm radio, *seven o'clock news in the morning*: 19<sup>th</sup> may 2010

University students also have a tendency of eating a lot of fatty foods and little exercise for that matter. And what this implies is that much of their time they use vehicles as their mode of transport from one point to another hence denying them a chance to do some exercise like walking. They don't spare time to exercise in order to reduce cholesterol in their bodies. That is why KTN one of our local TV station during prime time news highlighted that<sup>7</sup>“eating too much fat, salt and little exercise results to heart disease and blood pressure”.

Eating traditional foods by university students is a thing of the past which has been overtaken by time; they term those foods as outdated or old fashioned not knowing that they are very nutritious and beneficial to the body. They are the best foods this is according to citizen TV.,<sup>8</sup>“the importance of eating traditional foods is that they are more nutritious than junk foods”. The junk food which has remained the best option in many universities has turned out to be the core cause of many diseases encountered by young generation. The Daily Nation newspaper., attributes that<sup>9</sup>“staying healthy and eating what is good is very important for the body and poor nutrition has affected young generation”.

The poor eating habits do not only result to unknown diseases but also affects immunity system something that is not taken serious by many university students. These sentiments were echoed by another Fm radio station Egesa under the umbrella of Royal media,<sup>10</sup>“poor eating habits affect the immune system of the body”.

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<sup>7</sup> Kenya Television Network (KTN) TV, *KTN Prime feature story: nutrition and wellness*: 12<sup>th</sup> april,2010

<sup>8</sup> Citizen TV, *citizen at 9 feature story: you and your healthy*: 1<sup>st</sup> April, 2010

<sup>9</sup> Daily nation newspaper, *feature story: effects of poor nutrition*: 8<sup>th</sup> April 2010

<sup>10</sup> Egesa fm, *mid morning show highlighting dangers of poor nutrition and the immune system*: 13<sup>th</sup> April, 2010

### **1.1.0 Radio my medium of communication**

I am using radio as my medium channel to reach my audience; this is because radio still remains the number one channel in conveying information. Like in my case my target audience are university students, for them to access radio is cheaper since they can listen to it using their small gadget mobile phone. So I dedicate my 20 minutes program to university students highlighting the poor eating habits in universities, the unseen dangers that are unfolding without them knowing and how the media takes active measures to educate them to change. Therefore “NUTRITION IMPROVEMENT IS MY FUNDAMENTAL FACTOR”.

### **1.2 STRUCTURE**

**AUDIENCE:** UNIVERSITY STUDENTS

**DURATION:** 15 MINUTES

**TOPIC:** EATING HABIT IN UNIVERSITIES AND THE ROLE OF MEDIA ON HOW TO PROMOTE HEALTHY EATING.

My pro-social media campaign is against poor eating trends in universities and how I will help students to change for the better. The reason as to why I chose this group of people as my target audience is because they are the worst affected with the trend of western lifestyle. With the increasing influence of western culture, university students, where I also belong, want to catch

up with the latest happening. According to Nathaniel Otieno Oloo., <sup>11</sup>“everyone is adopting habits which are not in keeping with the nutritional realities of the environment or their income”.

University students’ fall in this category and these are the same people who are referred as the leaders of tomorrow in our society but with their greater attraction to prestigious food well known as junk food it will disable them from being productive as the society requires of them. According to Clemency Mitchell., <sup>12</sup>“increasing popularity of the western lifestyle is adding its burden of degenerative diseases”.

During my observation, many university students tend to eat processed foods which deny them nutrients for energy, body building, and health maintenance also defense against diseases, hence making them weaker and totally unable to fight diseases. It is for this reason that today many unknown diseases are escalating as result of poor eating.

As a result they end up being of less importance to the society after finishing, this is because in their prime lifetime they dedicated their lives in poor nutrition, and in return they are affected with diseases which do not allow them to be active. As Mitchell observes, <sup>13</sup>“poor nutrition is responsible for much of the world’s misery and there is poor nutrition in every society”.

However, that is not the end of the beginning. If all university students can comply with the laws of health and digest the importance of eating healthy, they stand a greater chance of overcoming degenerative diseases that occur earlier and which are difficult to treat.

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<sup>11</sup> Nathaniel O.O. (1997), *Practical hints of healthy eating: Food for the body*: Published by Pauline’s Publication Africa p26

<sup>12</sup> Clemency M , ( 1983), *vibrant health – in the twenty first century: we are what we eat*: Published by The Stanborough Press Ltd (Lincolnshire) p118

<sup>13</sup>: Clemency M , ( 1983), *vibrant health in the twenty first century: we are what we eat*: Published by The Stanborough Press Ltd (Lincolnshire) p119

### 1.2.1 Significance of the Production

Talk about freedom and relate it to the freedom of eating among university students. The freedom of choosing good food is no longer their principle. In stead they eat in order to please their fellow peer groups. They don't want to be left out in making choices of "class".

The relevance of my production is to educate university students on how to eat healthy and avoid that which is not good to their health. Good food is not only a choice but also a desire for everybody, Ellen G. White., <sup>14</sup>“good food is one of the most important factors in the lifestyle that leads to health and longevity”. The negligence of them opting to eat what they desire is not the way of life. This production will help them to know the importance of eating healthy, according to Richard Willis., <sup>15</sup>“Eating habits are more important than what we might think, as food also plays a role in causing or relieving that which have social implications”.

This production aims at helping university students to choose foods that will help them enjoy good health now and the time to come.

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<sup>14</sup> Ellen G.W., 2008, *understanding nutrition*: Published by Thomson Higher Education Belmont, CA p295

<sup>15</sup> Richard J.B.W., 2001, *How to stay health. Eating for healthy*: Ed, Marshall D. & Baildam E., Africa Herald Publishing House p11

### **1.2.2 Objective of the Production**

Many university students, whereby I am one of them, are walking out of the norms of eating traditional foods. They seem not to care anymore about their bodies bearing little on how much they harm the body when they give it improper diet. In this production I will help them to understand the importance of our own traditional foods which they have violated.

My campaign of healthy eating in universities has its main objective of changing attitudes of students who think that they are doing the right thing but on the wrong race. I would also like to carry out a research on how students eat, what is the motive behind their eating and why they choose what they eat.

I will highlight the dangers involved in poor nutrition and how university students can overcome these dangers if they will only comply with health laws. I will also elaborate what are the health laws are which are abbreviated by the acronym "NEWSTART".

### 1.2.3 Meaning of “NEWSTART”

This definition is according to Ellen G. White.,<sup>16</sup>

1. Nutrition – this means eating nutritious foods rich in vitamins, carbohydrates, proteins, fats and minerals in order to supply the body enough nutrients that help in maintenance, growth, activity and reproduction.

2. Exercise – this is one of the neglected aspect and many people don't take seriously. Very few people take exercise very seriously and apply it in their daily routine. It is for this reason that I highlight that exercise is very important in order to make the body strong and rejuvenated from all the day's endeavor.

3. Water – water is very useful both internally and externally. If used properly it is a sigh of relief to the body, for it helps to cleanse and purify the body internally and our general cleanliness externally.

4. Sunlight - helps in strengthening our bones, and not only that but to also kill germs that can interfere with our health.

5. Temperance -- this is eating moderately what is good and avoiding that which is bad. This is a law that mostly is not in use and rarely applicable. In many circumstances people eat without limit and they tend to think they are doing justice to their bodies but in reality it is wrong.

6. Air – of course without air we can't breathe and what this means we need fresh air in order to breathe and enhance our breathing system. But contrary to that air in the city is full of pollution and what that means is that our health is at risk.

7. Rest – we need to rest our bodies in order to work efficiently. Like any other machine which can't run throughout so is our bodies. Referring back to creation our God was very much

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<sup>16</sup> Ellen G.W., 1988, *God's healing program: New start, new health, new energy, new joy*: Published by Woodbridge press Ltd. Santa Barbara, CA p105

considerate by creating day and night. Meaning we should work during the day and rest at night. But today that has been violated and replaced with working for 24 hours round the clock. This has made our health to deteriorate day in day out because of lack of rest. So it is important to have enough rest so as to re-energize and continue.

8. Trust in God - trusting God is our divine obligation and ultimate goal while in the universe and we can't escape the reality that we exist because of His mercy and grace. It is for this reason that nobody will force one to obey His commands but a command which is in personal level regard is a personal relationship with Him.

#### **1.2.4 Hypothesis**

It is apparent that university students eat poorly because they access these kinds of foods within their vicinity. However, this can be changed if the administration can only give regulations to all cafeterias in universities to serve healthy foods only.

## **2.0 PROCEDURE OF THIS PRODUCTION**

1. Collection of materials, interviews, and readings about eating habit
2. Interview with university students
3. Interview with a nutritionist who will talk on both dangers of poor nutrition and importance of proper nutrition
4. Recording and arranging segments to proper meaning
5. Sound effects and proper music to be used
6. Narration
7. Editing and finalizing everything.

### **2.1 Sound recording schedule**

Since my project is about eating habit in universities, I am carrying out my research in various Nairobi universities so as to have different opinion on how each university approach eating habits. Though I won't be able to collect data from all Nairobi universities, I have sampled a few to do my interview. They include Catholic university, Nazarene university, Jomo Kenyatta University Karen branch, Nairobi university main campus and Tangaza College. The gadget I am using for doing interview is digital M-AUDIO recorder then after recording I transfer the information to the computer I am using for editing.

## 2.2 Interview schedule

<b>PLACE</b>	<b>DATE</b>
Nairobi university main campus	22 <sup>nd</sup> October, 2010
Nazarene university Rongai	8 <sup>th</sup> February, 2011
Catholic university	12 <sup>th</sup> November, 2010
Jomo Kenyatta university Karen branch	11 <sup>th</sup> January, 2011
Tangaza college	18 <sup>th</sup> January, 2011

## 2.3 Editing plan

After I am done with all the interviews I embark on editing my project. I am going to edit my project on every Tuesday and Thursday of the 2011 semester until my supervisor is satisfied with the content I come up with, before I compile the whole project for submission.

I am going to use Cool Edit and Adobe Audition software to edit my work given that they are more familiar and I find it easy to use.

## 2.4 Content outline

The production starts with music up and then fades out. The music is done by Mary Mary titled “**can’t give up now**”. The reason as to why I decided to use this music is the way the words are arranged, the words and lyrics of this music sends a message to young generation that they can’t give up. Besides, and I quote some lines of the song, “there will be mountains----- victory or defeat it is up to me to decide----- can’t expect a win if I will never try ----- nobody told me -----.” This song sends a very powerful message that the youth can try to avoid eating junky food if they only try and a win or defeat is up to them to decide and of course it can sound evident that nobody told them and hence a reason as to why to eat improper diet.

The introduction of the program follows “hallo and welcome----- taking you through is Minyong’a Kemunto”, then actuality of students eating at the cafeteria. Thereafter the format of narration and inserts from students and nutritionist follow accordingly and all inserts are applicable where necessary.

At the close there is the conclusion from the presenter and then music up.

### 3.0 DOCUMENTARY SCRIPT

**Duration: 15 minutes radio program**

**Music up: 1:28**

**Fade out**

**Narration:** Hallo and welcome today's program is a documentary focusing on eating habit in universities. Taking you through is none other than Minyong'a Kemunto.

**Insert:** actualities students eating at the cafeteria

**Duration: 0:09"**

**Narration:** Food is very essential and everybody needs to eat in order to live. In this regard there are two main categories of foods, healthy foods and junky foods. Healthy foods are very nutritious while junky foods have no nutrients. But university students eat more of junky foods than healthy foods.

**Insert:** students

**Duration: 0.25"**

**Cue in** "chips mostly-----"

**Cue out** ----- I love junky".

**Narration:** This as acknowledged by Irene Curfs a nutritionist from England when I talked to her about the trend of eating in universities she termed it as poor nutrition.

**Insert:** Irene Curfs nutritionist

**Duration: 0.31"**

**Cue in** "I have seen-----"

**Cue out** ----- don't have any nutrient".

**Narration:** However, the criteria behind university students eating poorly are based on several factors

**Insert:** students

**Duration: 0.16"**

**Cue in** "it is cheap-----"

**Cue out** -----junky food”.

**Narration:** In addition they argue that eating healthy foods is expensive and when I asked them if they can prepare for themselves they said it takes time in relation to their ever busy and demanding schedule

**Insert:** students

**Duration:** 0.13”

**Cue in** “the traditional -----

**Cue out** -----really healthy”.

**Narration:** But this is not evident enough to Mrs. Irene Curfs a nutritionist expert who terms healthy food cheap, affordable and very nutritious to fight upcoming diseases and not only that but encourages students to adopt traditional foods gradually.

**Insert:** Irene Curfs nutritionist

**Duration:** 1.26”

**Cue in** “even if you are a student-----

**Cue out** ----- beneficial to the body”.

**Narration:** But while other students are very proud of traditional foods, others don't find any good reason as they argue that in everything there is the negative and positive effect.

**Insert:** students

**Duration:** 0.41”

**Cue in** “I am very traditionalistic -----

**Cue out** ----- own side effect”.

**Narration:** Another thing which university students don't take seriously though very important is breakfast while others observe taking breakfast as an important meal of the day others don't.

**Insert:** students

**Duration:** 0:19”

**Cue in** “because basically-----

**Cue out** ----- I feel like”.

**Narration:** Little do they know that breakfast is the most important meal of the day as acknowledged by Mrs. Irene Curfs a practicing nutritionist who also observes on how eating three meals a day is equally important.

**Insert:** Irene Curfs nutritionist

**Duration:** 0.38”

**Cue in** “breakfast is the important-----

**Cue out** ----- no supper at all”.

**Music up**

**Duration:**

**Narration:** In addition Irene also emphasize that there is need for university students to distinguish between proper and poor nutrition in that to help them improve their eating habit.

**Insert:** Irene Curfs nutritionist

**Duration:** 0.32”

**Cue in** “the difference -----

**Cue out** ----- no nutrients”.

**Narration:** She also insisted that university students should be aware of health laws so that to help them to overcome their busy and tiresome schedule, but many students have no idea what health laws are while some have little idea.

**Insert:** students

**Duration:** 0.16”

**Cue in** “not really -----

**Cue out** ----- of health laws”.

**Narration:** In this case today I am trying to help university students to understand what health laws are. There are eight health laws known as nutrition, exercise, water, sunshine, temperance, air, rest and trust in God. They are abbreviated by the acronym of “NEWSTART”.

**Narration:** So it is important for university students to understand observe in order to know that what they eat now determines their health now and the person to be later on, by taking into consideration that they eat nutritious foods, do enough exercise, have credible rest and avoid staying awake up to late night also drinking water as it is required.

**Insert:** Irene Curfs nutritionist

**Duration:** 0.07”

**Cue in** “keeps the body -----

**Cue out** ----- important to drink water”.

Something which most students don’t while others do

**Insert:** students

**Duration:** 0.13”

**Cue in** “of the things -----

**Cue out** ----- am thirsty”.

**Narration:** Well with the help of healthy eating education, university students stand a good chance to gradually change from their norms and adopt a different way of eating. This will not only help them to grow physically fit but also to avoid degeneration diseases that attack young people. Remember you are what you eat.

**Insert:** Irene Curfs nutritionist

**Duration:** 0.36”

**Cue in** “young people -----

**Cue out** ----- all the best with your studies”.

**Music up:** 1:22”

**Narration:** We have come to the end of this program and don’t forget to book a date with us next time, same time, same station and for more information about healthy eating check on our website [www.kemshealthyeating.org](http://www.kemshealthyeating.org) I am Minyong’a Kemunto wishing you healthy eating.

**Music up**

**Fade out**

### **3.1 Equipments used for this production**

I used several equipments to make this production a success. Thanks to Tangaza College ISC institute for the powerful equipments they have installed in favor of radio students. The facilities available in this institute made my work easier and I had no doubt any time I wanted they were available.

I used

- M-AUDIO digital recorder which is designed in a way it enables one to monitor the recording levels while recording.
- The microphone designed for mini-disk recorder but also used in this gadget. This is a compressor microphone which uses batteries to supply power. It picks sound perfectly and it is connected to the M-AUDIO recorder.
- The headphones to listen to the content recorded and also listening whether the microphone is picking sound during recording.
- The computer in the radio studio for editing my production which is connected to powerful speakers and woofer which enables one to listen to the quality of sound.
- IC recorder which has an in built recorder and a USB cable to download recorded work to the computer

With the combined force of equipments and voices I managed to make this production a success and of course with the skills I had in radio contributed to the completion of this production.

### 3.2 Challenges faced

In anything challenges are always inevitable. For this reason I faced some challenges but I count them as one way of preparing myself to the really world. Some of the challenges I faced during interview no one was willing to be interviewed. More especially ladies refused to give their views on how they eat hence limiting the information.

The other challenge is to convince people to listen to you before you again convince them for interview. At one point in Nairobi University for example I was let down twice this is because everybody was busy and little time to attend to me but this never stopped me to press on until I managed to interview some few students.

Another challenge I faced during interview since I was interviewing students I was forced to carry out my interview in open ground the point where I met them. So at times the wind could blow and of course the microphone picked that noise and I had no option hence making some information to be of no value given that I could not use them because of the noise.

Another challenge is finding a nutritionist and whenever I found one it was hard to convince them to come to Tangaza for recording, it was an experience worth remembering that people out there treasure what they do and they have little time to make a move from their point of work. This forced me to move to the premises of the one I found after several appointments that she will come to Tangaza but eventually never came only giving me the option of going to their place. The reason as to why this was a challenge to me during the interview with her, there was some construction going on in that place and the noise was so loud to the extent that we had so many stop over and even going over one question for several times in order to achieve quality in sound without distraction.

By so doing we could wait for the noise to stop and then continue. This really distracted me a lot. But however, I made it amid all these since I understand success is not acquired cheaply.

### 3.3 Budget

During and after this production I encountered expenses and the budget is as follows

Transport	Ksh. 3,500/-
Stationery	Ksh. 1,500/-
Food	Ksh. 1,000/-
Blank CDS	Ksh. 100/-
<hr/>	
Total expenditure	Ksh. 6,100/-
<hr/>	

## RECOMMENDATION

There is need for health education in universities so as to enable students to differentiate between proper and poor nutrition.

This is according to my findings that most students eat what is cheaply available; rarely do they put into consideration the nutrient value in the food they eat.

There is also need to emphasize on natural health laws that can help students to observe keenly on health issues. It is important that if students can understand the impact of poor eating then they stand a good chance of making good choice.

## Conclusion

It is important to fight lack of information or ignorance about diseases by observing nutrition. Nutrition should not be taken as a luxury but a necessity. According to Richard Willis,<sup>17</sup> "careful observations over a range of lifestyle factors indicate that positive changes can bring a corresponding change in health status"

After highlighting the consequences of poor eating the choice now entirely remains on university students to choose either to abandon or continue eating their way. At this level students are faced with what I term as reality freedom, whereby they have total freedom in what they do more so in eating. They have the freedom to make choices and in this regard we all have choices to make and after, we are forced to live with the consequences of the choices we make.

What we eat makes us what we are. Our bones, blood and everything that make up human body are fed by the food we put onto our bodies. We all know that if we stopped eating

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<sup>17</sup> Richard J.B.W., 2001, *How to stay health: Eating for healthy*: Ed, Marshall D. & Baildam E., Africa Herald Publishing House p11

we die but equally we should be on the watch out that not all foods that are beneficial in our bodies. Today nutritionists often display what is called a food pyramid, a diagram that shows what the best foods are and the amounts to be consumed.

Remember good health is a precious gift and diet plays an important role in health. To keep the body in a healthy condition should be the study of our life in order to enable the body to act harmoniously. Students should be wise enough and stand bold to have self control over what they know is not good for them. However in diet as with all things temperance is important. This is because too much of even good things can be harmful to health, so they should be able to meet a proper balance in health since it is the key.

In addition, “in order to know what are best foods, we must study God’s original plan for man’s diet, grains, fruits, nuts and vegetables prepared in as simple and natural manner as possible are the most healthful and nourishing. They impart strength, a power of endurance, and vigor of intellect that is not afforded by a more complex and stimulating diet.”<sup>18</sup> Ellen G. White.

In the end students are free to choose for health eating or against. There is no middle ground they are on one side or the other. However, we all have wrong choices but that does not mean we are cast off. I encourage them that it is not the end of the road for they have the idea and I know this will be really beneficial to them.

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<sup>18</sup> Ellen G.W., 2008, *understanding nutrition*: Published by Thomson Higher Education Belmont, CA p295

## APPENDIX 1

### FORMULATED QUESTIONS FOR INTERVIEWS

In my production I managed to interview several people of whom their information was relevant in order for this production to be accomplished. I categorized them into two: - one nutritionist and two students from various universities.

#### a) Interview for nutritionist expert

Irene Curfs is a nutritionist from England based here in Kenya working with the Lay Institute of Global Health Training (L.I.G.H.T). I asked her the following questions:

- i) As an expert in nutrition start by defining what is nutrition?
- ii) I understand there is proper nutrition and poor nutrition what is the difference between the two?
- iii) Now back to today's topic whereby the focus is eating habit in universities.
- iv) Do you have any idea on how university students eat?
- v) What can you call that?
- vi) What advice can you give to university students about poor eating habit?
- vii) Mention something on traditional foods and their benefits to the body?
- viii) Your last word to young people who are more of junky foods than healthy foods

#### b) Interview for student

I managed to interview students from five different universities and I asked them the following questions.

- a) What is your name?
- b) Which university do you come from?

- c) What is the trend of eating in your university?
- d) Why do you prefer eating junky?
- e) Do you mind if you eat traditional foods?
- f) Do you take your breakfast daily?
- g) Have you ever heard of health laws?
- h) How often do you drink water?

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