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INVESTIGATION OF NUTRITIONAL BEHAVIOR OF HIGH SCHOOL STUDENTS

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ABSTRACT

Though there are many complex factors influencing diet, nutrition knowledge correlates with healthier food choices in older adolescents and can play a pivotal role in health. Numerous changes have been seen in the school environment regarding nutrition, but there is no means of testing nutrition curriculum effectiveness in terms of nutrition knowledge of students. It is the purpose of this descriptive study to improve understanding of the nutrition knowledge of high school students. In the study. the sample of the study consists of 311 students studying in different departments in high school in Yozgat and Çankırı. The questionnaires were given face to face by the interviewers by giving preliminary information to the volunteers. According to the findings, the nutritional behaviors of young people who are the future of our country is inadequate. According to these results, it is recommended to give nutrition training to students within a specific program.

Key Words: Nutrition, Behaviour, Students

INTRODUCTION

Nutrition that starts in the womb will continue until after the birth. Nutrition; heredity, economic situation, social situation, living place, environment. It can be affected by many situations. For a healthy growth and development, all nutrients must be absorbed to the body at a sufficient level. Correct nutrition should be performed based on balanced, regular and healthy nutrition elements. Nutrition; to provide the required power, to meet the materials used in the construction and repair of tissues, to get enough of the nutrients needed for growth, development and health, without losing the nutritional value, making it harmful to health in the most economical way (Tanır et al., 2001; Baysal, 2004; Güneş) 2003; Ersoy, 2004; Demirci, 2005). Nutrition is specific to the individual and all living things must be nourished in order to maintain their lives (Çalış et al., 2005). The number of meals per day, the reason for skipping and skipping meals, snacks and psychological factors that affect eating may reflect the nutritional status of people (Arslan et al., 1993; Sürücüoğlu, 1999). Gender status, age, genetic status, psychological and physiological status, sports and physical activity status and so on. things can be said to shape nutrition.

The nutrients and energy needed to be balanced and sufficient intake of the body should constitute the purpose of nutrition. Health, development, growth and nutrients that are needed for a life in the desired way and energy intake and evaluation of the body is defined as adequate and balanced nutrition (Baysal, 1990; Yurttagül and Sevilen, 1988). The main element that will lead to the formation of healthy generations, social abundance and economic labor force is sufficient and balanced nutrition (Dapi et al., 2011). Individuals should be fed with sufficient and balanced food to be healthy and at the same time should be able to provide these nutrients easily (Pekcan, 2009). Stable and competent nutrition is the basis of health in all periods of life (Yücecan, 1999). The condition that this is possible is to have a healthy and good nutrition habit. First, the individual fed by the parent will be emancipated at a later age. The individual will continue to eat unconsciously and rudely in childhood. When it comes to puberty, this diet will continue. However, this period, which is expressed as a youth period, is the critical time of lifelong nutrition. Nutritional disorders and nutritional habits that are wrong, incomplete and bad are seen in this youthful youth. (Gonzales et al., 2007). Malnutrition impulses shaped in adolescence affect the health of people in the opposite direction of life (Şahin, 2005; Menteş et al., 2011). Nutritional habits occur in the early stages of life, is a factor that affects our health in the long term and significant degree (Johansen et al., 2006). Individuals should use nutrients in a measured, timely and conscious manner in order to maintain their health and carry them to good conditions (Alpar, 2011). Young people should be aware of, take care of their health, physical activity in their lives should

have a good eating habits. In this direction, the nutritional resources of high school students to health rules and nutrition in the most economical and most beneficial way to use conscious nutrition should be converted into a unit (Baysal, 1990; Sakarya and Ünver, 1985; Çağlayan and Koç, 1984). Children and adolescents in development and growth can be healthy adults as a result of proper and healthy nutrition (Favora et al., 2003).

Developments in the field of technology and economics, urbanization, cultural and social changes, women's entering the business life and so on. many factors have made it inevitable for communities to change their eating habits (Aygün, 2007; Özer, 2013). Over time, meal times, number of meals, meal menus and eating patterns varied. Parallel to these, snacks, ready and unqualified food consumption and skipped meals will adversely affect health. Nutritional disorders as a result of all these intense life tempo and changes have brought unhealthy life. Nowadays, individuals face many health problems caused by extreme and unstable nutrition. Unhealthy food preferences ultimately obesity, metabolic, cardiovascular and so on. malfunctions will be on the side (Fried and Rao, 2003; Tappy et al., 2010). When evaluated extensively, adequate and balanced nutrition is a necessity for the change, progress and development of the society (Topuzoğlu et al., 2007). If we want to stay in enjoyment and increase efficiency, we need to stay away from the waste of our diet and look at the beneficial side (Fringe, 2004). Careful attention should be paid to balanced and adequate nutrition in order to protect the health meticulously (Açıkgöz, 2006). It is possible to be healthy and maintain health in all stages of life, both physically and mentally, with balanced and adequate nutrition (Tanır et al., 2001).

Among the many physical factors affecting the health of young people, especially nutrition; diseases and deaths, accidents and bad habits take place (Yörükoğlu, 1985). In order to have proper, regular and balanced eating habits, these adolescents need to gain a healthy eating behavior.

In this study, it is aimed to learn the feeding habits of high school students and to examine their feeding behaviors. It is thought that the nutritional habits will be done consciously as a result of the results.

MATERYAL VE METOT

In this section, information about the universe and sample of the research, data collection tools and statistical procedures used in the analysis of the data are given.

Research Universe and Sample

The universe of the research; In the 2018-2019 academic year, high school students in Yozgat and Çankırı constitute. The sample of the study consists of 311 students studying in different departments in Yozgat / Merkez Şehitler Science High School and Çankırı / Kızılırmak Şehit Medet Ekizceli Multi-Program Anatolian High Schools.

Data Collection Tools

The questionnaire, which is among the primary resource surveys, has been chosen as the data collection tool because it is economical, feasible, and provides the opportunity to receive information from scattered and large masses in a short time. The questionnaires were given face to face by the interviewers by giving preliminary information to the volunteers. The questionnaire used in the research consists of two parts. In the first part, the personal and social characteristics of the participants were determined with limited items, while in the second part a 4-point Likert scale was used to determine the nutritional behaviors of the students.

ORTO-15 Scale

In the study, in order to determine the nutritional behaviors of the students, Donini, (2004) adapted the Bratman's short questionnaire, which was first developed for the Latins in Italy and was designed to evaluate the tendency of Orthorexia Nervosa and ORTO-15 Scale which was translated into Turkish by Arusoğlu (2006) was used. The developed scale is a 15-item scale rated between ”1 (never), 2 (sometimes), 3 (often) and 4 (always)”.

For the reliability of the study, the data were subjected to Cronbach’s Alpha test and the total reliability coefficient of the scale was found to be .65. Therefore, it is seen that the internal consistency reliability coefficients of the scale are high.

Analysis of Data

The data obtained in the study were transferred to SPSS 20.0 package program. Before starting the statistical analysis of the data obtained from the research group, it is necessary to prepare the data and make it suitable for the analysis. It should be noted that kurtosis and skewness coefficients are important in this process (Simsek, 2007). In this study, the skewness values of the data obtained from

the scale were found to be between 1.395 and kurtosis values were 1.491. According to these results, the data showed normal distribution and parametric tests were used in statistical analyzes.

In the analysis of the data obtained from the research, frequency and percentage analysis were used to describe the demographic characteristics of the students, and t test and ANOVA analysis were used to determine the differences between the nutritional behaviors of the students according to the demographic variables. Statistical significance level was determined as 0.05.

FINDINGS

The findings regarding the demographic characteristics of the students are shown in Table 1.

Table 1: Findings on Demographic Characteristics of Students

School	Yozgat Şehitler Fen Lisesi	202	65.0
	Kızılırmak Şehit Medet Ekizceli Ç.P.A.L.	109	35.0
Gender	Female	153	49.2
	Male	158	50.8
Class	9th grade	81	26.0
	10th grade	83	26.7
	11th grade	72	23.2
	12th grade	75	24.1
Department	Verbal	8	2.6
	Equal weight	60	19.3
	Numerical	243	78.1
Height	150 cm – 160 cm	65	20.9
	161 cm – 170 cm	135	43.4
	171 cm – 180 cm	91	29.3
	181 cm – 190 cm	16	5.1
	191 cm and above	4	1.3
Weight	40 kg – 50 kg	62	19.9
	51 kg – 60 kg	125	40.2
	61 kg – 70 kg	73	23.5
	71 kg – 80 kg	33	10.6
	81 kg – 90 kg	10	3.2
	91 kg and above	8	2.6
Sports Status	Yes	181	58.2
	No	130	41.8
Parent Education Status	literate	11	3.5
	Primary school	111	35.7
	High school	81	26.0
	University and above	108	34.7
Parent Occupational Status	Private Institution	150	48.2
	State agency	161	51.8
Sports Status in Family	Yes	108	34.7
	No	203	65.3
Number of Individuals at Home	3 person	30	9.6
	4 – 6 person	250	80.4
	7 or more people	31	10.0

Family Income Level	2019 TL and less	60	19.3
	2020 – 4040 TL	129	41.5
	4041 – 6060 TL	74	23.8
	6061 TL and above	48	15.4
How many meals per day	2 meals and less	32	10.3
	3 meals	193	62.1
	4 meals	63	20.3
	5 meals and more	23	7.4
Most Important Meal	Morning	89	28.6
	Mid-morning	18	5.8
	Noon	83	26.7
	afternoon	12	3.9
	Evening	106	34.1
	Night Break	3	1.0
Meal Skipping Status	Yes	70	22.5
	No	80	25.7
	Sometimes	161	51.8
Nutritional Status	Yes	70	22.5
	No	241	77.5
Thinking that you are eating correctly	Yes	96	30.9
	No	84	27.0
	Partially	131	42.1

When Table 1 is examined, more than half of the students (65.0%) are studying at Yozgat Şehitler Science High School. Gender (female-male) and class (9th, 10th, 12th) distributions of students are almost equal. The majority of students (78.1%) are studying in the digital department. The majority of the students (72.7%) had a length of 161 cm-180 cm. Nearly half (40.2%) weighs 51 kg-60 kg. More than half of the students (58.2%) indicated that they were interested in any sport. While the majority of the participants' parental education level (35.7%) was primary school, it was almost the same (34.7%) university and above. Nearly half (48.2%) of the students' parents work in the private institution and more than half (51.8%) in the public institution. The majority of the students (65.3%) stated that there was no sport in their family. Most of the students (80.4%) stated that the number of individuals in the house was 4-6. The family income level of more than half (65.3%) is between 2020 TL and 6060 TL. More than half (62.1%) of the students are fed 3 meals a day. Most of the students (34.1%) gave the most importance to the evening meal, followed by the morning (28.6%) and noon (26.7%). More than half of the students (51.8%) stated that they sometimes skipped meals. The majority of the participants (77.5%) stated that they did not take any course about nutrition and almost half (42.1%) thought they were partially fed correctly.

Table 2 shows the t-test results of the ORTO-15 comparison according to some demographic variables regarding nutritional behaviors.

Table 2: t Test Findings

ORTO-15 Scale Total Points Per	**Okul**	**N**	**□**	**Ss**	**t**	**P**
	Yozgat Şehitler Fen Lisesi	202	2.28	0.38	2.611	**.009**
	Çankırı/Kızılırmak Ş.M.E.Ç.P.A.L	109	2.25	0.42		
	Gender	**N**	**□**	**Ss**	**t**	**P**
	Female	153	2.41	0.39	3.322	**.001**
	Male	158	2.26	0.39		
	Sports Status	**N**	**□**	**Ss**	**t**	**P**
	Yes	181	2.31	0.41		
	No	130	2.38	0.37	-1.551	.122
	Occupational Status	**N**	**□**	**Ss**	**t**	**P**
	Private Institution	150	2.33	0.40		
	State agency	161	2.34	0.40	-.020	.997
	Sports Status in Family	**N**	**□**	**Ss**	**t**	**P**
	Yes	108	2.43	0.36	3.099	**.002**
	No	203	2.28	0.40		
	Nutrition Taking Courses	**N**	**□**	**Ss**	**t**	**P**
	Yes	70	2.33	0.39		
	No	241	2.34	0.40	-.052	.958

Table 3 shows the results of ANOVA analysis comparing ORTO-15 scale according to some demographic variables regarding nutritional behaviors.

Table 3: ANOVA Analysis Findings

ORTO-15 Scale Total Points Per	**Class**	**N**	**□**	**Ss**	**F**	**p**
	9th grade	81	2.21	.42		
	10th grade	83	2.34	.36		
	11th grade	72	2.37	.36	4.635	**.003**
	12th grade	75	2.44	.41		
	Department	**N**	**□**	**Ss**	**F**	**p**
	Verbal	8	2.14	.31		
	Equal weight	60	2.34	.37	1.004	.368
	Numerical	243	2.34	.40		
	Height	**N**	**□**	**Ss**	**F**	**p**
	150 cm-160 cm	65	2.30	.34		
	161 cm-170 cm	135	1.36	.44		
	171 cm-180 cm	91	2.32	.36	1.748	.333
	181 cm-190 cm	16	2.24	.43		
	191 cm ve üzeri	4	2.78	.19		
	Weight	**N**	**□**	**Ss**	**F**	**p**
	40 kg-50 kg	62	2.30	.37		
	51 kg-60 kg	125	2.29	.37		
	61 kg-70 kg	73	2.42	.47	1.152	.333
	71 kg-80 kg	33	2.38	.36		
	81 kg-90 kg	10	2.32	.36		
	91 kg ve üzeri	8	2.38	.46		
	Parent Education Status	**N**	**□**	**Ss**	**F**	**p**

Literate	11	2.33	.39		
Primary school	111	2.27	.42	4.092	**.007**
High school	81	2.28	.34		
University and above	108	2.44	.39		
Num of Individuals at Home	**N**	□	**Ss.**	**F**	**p**
3 people	30	2.38	.42		
4-6 people	250	2.35	.40	2.127	.121
7 people and over	31	2.33	.34		
Family Income Level	**N**	□	**Ss**	**F**	**p**
2019 TL and less	60	2.22	.43		
2020-4040 TL	129	2.32	.37	3.405	**.018**
4041-6060 TL	74	2.38	.36		
6061 TL and above	48	2.45	.42		
How Many Meals In A Day.	**N**	□	**Ss**	**F**	**p**
2 meals and less	32	2.21	.45		
3 meals	193	2.35	.36	1.370	.252
4 meals	63	2.36	.47		
5 meals and more	23	2.28	37		
Most Important Meal	**N**	□	**Ss**	**F**	**p**
Morning	89	2.35	.41		
Mid-morning	18	2.34	.46		
Noon	83	2.25	.39	1.235	.292
afternoon	12	2.39	.66		
Evening	106	2.37	.34		
Night Break	3	2.60	.40		
Meal Skipping Status	**N**	□	**Ss**	**F**	**p**
Yes	70	2.33	.39		
No	80	2.37	.42	.380	.684
Sometimes	161	2.32	.39		
Proper Nutritional Status.	**N**	□	**Ss**	**F**	**p**
Yes	96	2.30	.47		
No	84	2.37	.34	.775	.462
Partially	131	2.33	.37		

When Table 3 was examined, it was found that there were statistically significant differences between ORTO-15 scale total score averages according to class, parent education level and family income level variables ($p < .05$). Nutritional behaviors of 12th grade students were found to be higher than 11th, 10th and 9th grade students, those with high parents' education levels were lower and those with higher family income levels had lower levels of nutrition behaviors. There were no statistically significant differences between ORTO-15 scale total score average according to department, height, kilogram, number of individuals living at home, how many meals a day, the most important meal, skipping status and correct feeding status variables ($p < 0.05$). $p > .05$).

DISCUSSION AND CONCLUSION

Childhood and adulthood are a period in which basic eating and drinking behaviors are established. Many of the health problems that arise in later ages can develop and progress in the course of childhood and youth. Thus, regardless of sports or physical activity, monitoring the appropriate nutritional program is not only for good development; It is also necessary for a healthy future (Paker, 1998).

In this study, it is aimed to learn the feeding habits of high school students and to examine their feeding behaviors. Students' school, gender, class, department, height, kilogram, dealing with sports branch, parents' educational status, parents' occupational status, the family doing sports status, the number of individuals living at home, family income level, how many meals a day, most The importance of the meal, skipping the meal, whether or not to take courses about nutrition and whether or not to think that they are being fed correctly were considered important for the results of the research.

As a result of the analysis; When Yozgat Şehitler Science High School students were examined in the school variable Kızılırmak Şehit Medet Ekizceli Ç.P.A. Nutritional behaviors were found to be higher than high school students ($p < .05$). The reason for this difference, Yozgat Şehitler Science High School students' schooling points Kızılırmak Şehit Medet Ekizceli Ç.P.A. It is higher than high school students, Science high school students give more importance to courses, higher perceptions of wanting to learn, more open to learning, better socio-economic status, and as a natural consequence, they can easily reach all kinds of nutritional awareness levels. It is thought to be higher. In addition, the nutritional culture provided by the geographical location may be another element.

As a result of the analyzes performed; According to gender variable, it was found that girls 'feeding behaviors were higher than boys' ($p < .05$). As a reason for this; It can be said that the physical changes of female students in adolescence are more pronounced compared to male students, perceiving themselves as overweight, taking care to be fit, and making diets favor nutritional behaviors in favor of women. In addition, girls spend more time in the kitchen than boys, recognizing the nutrients while helping their mothers, women in our country to be closer to the kitchen due to the nature of fitrate, the family at the point of preparing the food in the kitchen more mothers than the fathers, and it is thought that girls are transferred from generation to generation. It is thought to be higher. Many studies have shown that women prefer low-fat foods and healthy diet more than men and maintain healthy diet practices (Roininen et al. 2000).

Hendie et al. (2008) found that women's nutrition score (67.0%) was higher than men's nutrition score (59.7%).

Zaborowicz et al. (2016) in their study, female students (34.7%) found that nutritional knowledge of males (25.1%) was higher than the nutritional information. These results support the current study result.

In a study by Donini et al. (2004), contrary to expectations, it was observed that males paid more attention to their physical appearance and eating habits and that the prevalence of orthorexia was significantly higher in males. In Batmaz's (2018) study, when the basic nutrition scores of the individuals were compared according to their gender, it was seen that the basic nutrition knowledge of men was higher than the basic nutrition knowledge of women. Özdoğan (2013), Süel et al., (2006) and Arusoğlu (2006) did not find any difference between the analysis results of the participants according to gender variable. These results differ from the results of the present study.

When the test results of the participants' sports in the family were examined, it was seen that the nutritional behaviors of the students doing sports in their families were higher than those who did not ($p < .05$). The students of the families who do sports generally do sports. When sports are done, nutrition comes to the forefront and the nutrients consumed are taken into the body considering the finest detail. In order to be healthy, the students who do sports in the family have good nutrition knowledge, daily caloric expenditure amount of the sportsmen in the family, higher than the ones who do not do sports, being more careful and conscious at the feeding point of the sportsmen, equal and balanced according to the calorie taken. the children of parents or family members who have this information and who do sports are as conscious as themselves. In this way, it can be said that the nutrition behaviors of the students doing sports in their families are at a higher level.

Nutritional behaviors increased with the increase in grade level of students ($p < .05$). Unconsciously, untimely, indiscriminate, inadequate and unstable at random, it is possible to experience random feeding without knowing calorie and nutritional value. However, as age advances, nutrition is consumed more balanced and regular, conscious, depending on age, at certain sizes and at certain hours, paying attention to calorie and nutritional value. The students in the lower class can be fed like their friends because they are affected by the peer group too much; TV and computer can be fed according to what he saw and heard. It is thought that as the level of class increases in education and training, it increases with age, and as the age advances, physical, mental, and affective characteristics develop and mature and nutritional behaviors will increase. In the study conducted by Özdoğan (2013), it was found that the differences between the mean nutritional information scores of the participants according to their class and age were statistically significant. This result supports the present study result.

It was observed that the nutritional knowledge level of the students participating in the study increased as the educational status of parents increased ($p < .05$). It can be said that the factors such as the families who have high education level are more willing and curious about the information acquisition, they like to research, positively affect their children's nutritional knowledge level and thus their nutritional behaviors are higher. It is thought that conscious and educated parents inform their children at this point and they are more careful about eating and drinking. They can be said to protect children from health-damaging, weight-gaining, acid-salt and sugar-containing foods. The expiration dates of nutrients, characteristics of nutrient content, the higher the education level of the parents at the point of preference of natural foods, the higher the student's attention to them. It is an undeniable fact that education has benefits in every subject.

As a result of the analysis, it was seen that the nutritional behaviors of the students increased as the family income level increased ($p < .05$). Students with high levels of family income receive adequate nutrients that the body needs, while others are deprived of many nutrients and receive them on a limited level. Children of families who are in good economic terms can also be in good nutrition. Because families with good income have easy access to healthy foods, families with low income have difficulty reaching financially. Healthy eating varies according to the economic status of the family (Tanriverdi et al., 2011). In addition, as the education level in the family increases, it will be easier to move to occupations with high income levels, and therefore, the students will be more conscious about their nutrients and their nutritional behaviors as the family will be able to choose the higher quality and the richer variety of nutrients. It can be said. In a study conducted by Kaşıkçı (2010), it was observed that as the socioeconomic level of the students increased, their feeding habits increased. This result supports the current study result.

As a result of the analyzes performed; While the majority of the students (77.5%) did not take nutrition-related courses during their education, only 22.5% of them took courses. There was no statistical difference between this variable and students' feeding behaviors ($p > .05$). It is thought that this result is likely to be inevitable if the average of the students taking nutrition classes were high. Onurlubaş et al. (2015) found that 34% of the students received nutritional education. Mazıcıoğlu and Öztürk (2003) in their study of 47.2% of the students received nutrition-related education, while Erten, (2006) reported that 27.7% of university students received nutritional education. While the findings of this study were similar to the findings of the present study; Cocburn et al. (2014), it was found that the average nutrition score (40.9%) of the coaches who had previously received nutritional education was higher than the coaches who did not (13.5%). In the study conducted by Batmaz (2018), nutritional

knowledge levels of the students taking nutrition lessons were found to be significantly higher than the others. Erten (2006) found that the mean score (27.9%) of the group receiving nutritional education was significantly higher than the non-nutritional education group (24.4%). Karayormuk (2002) in the study of nutritional knowledge and habits of university students who took and did not take nutrition lessons in the study showed that the nutritional information of students taking higher. It is seen that the research done. The results of these studies differ from the results of the current studies.

As a result of the analysis; more than half (62.1%) of the students were fed 3 meals a day. There was no significant difference between this variable and feeding behaviors (p> .05). Mazıcıoğlu and Öztürk, (2003), Yarar et al., (2011), Pulur and Cicioğlu (2001) and Kaşıkçı (2010), in their separate studies, it was seen that most of the students ate 3 meals a day. While these study findings support the current study findings; Göral et al. (2010), Batmaz (2018) and Yücel (2015) reported that the majority of the participants fed 3 meals a day and more.

It was seen that the most important meal of the participants was dinner (34.1%). However, no significant difference was found between this variable and feeding behaviors (p> .05). In the study conducted by Batmaz (2018), it was seen that almost half of the participants (49%) gave importance to breakfast and 36.5% gave importance to evening meals. This result is the opposite of the current study results. It is thought that high school students do not pay attention to the morning meal, which is thought to be important for our young people who are intertwined with the developmental age, as the most important meal is at all ages because of the lack of time to sleep, lack of appetite, unwillingness of their lives and not finding time.

As a result of analysis; it is seen that more than half (51.8%) of the students' skipping status variable sometimes skips meals. No significant difference was found between this variable and feeding behaviors (p> .05). Batmaz (2018) found that 91.1% of individuals skipped meals. Ermiş et al. (2015) conducted by Samsun Ondokuz Mayis University students, 76.1% of the students reported that skipped meals. In the study conducted by Avan (2006), it was found that almost all of the students skipped meals when the meal skipping status of the participants was examined. Gül (2011) conducted a study with university students over the age of 18 and above on the attitudes and behaviors of university students about their eating habits and reported that 82.3% of the students skipped meals. Şanlıer and Arıkan (2000) stated that 48.1% of athletes skipped meals in their study. We found that 36.8% of athletes and their friends skipped meals, Arikan and Sanlier (2006) reported that 68.1% of athletes skipped meals. Onurlubaş et al. (2015) found that the majority of the students skipped meals. Karasu, (2006) in his study with high school students, it was found that 55.7% of students skipped meals. In a

study conducted by Yılmaz and Özkan (2007), it was concluded that 90.3% of the students skipped meals, while Türk et al. (2007) concluded that 81% of the students skipped meals.

All of these results are similar to the present study. The reason for this is thought as lack of appetite, lack of time as a result of intense and fast-paced struggle of life or laziness brought by technological age.

30.9% of the participating students think that they are fed correctly and nearly half (42.1%) think that they are fed correctly. There was no statistical difference between this variable and feeding behaviors (p> .05). Onurlubaş et al. (2015) believe that 36.0% of the students believe that they are healthy, Mazıcıoğlu and Öztürk, (2003) believe that 35.9% of the students and Erten, (2006) believe that 22.8% of them are adequate and balanced nutrition. reported. These results are similar to the results of the present study.

As a result of the analysis; No statistical changes were found between the nutrition behaviors of the students according to their interest in sports, parental occupational status, department, height, kilogram, number of individuals living at home, and variables (p> .05).

As a result; the nutritional behaviors of young people who are the future of our country is inadequate (Ersoy, 1998; Süel, 2006). In our country, especially in the education of the younger generation, it is concluded that the foods and nutrients they contain are included in the curriculum in a more detailed way and the relationship between healthy development and foods is examined in a good way and the youth should be informed about this issue. The development and development of a country is possible with the growth of healthy generations. Therefore, healthy eating habits and behaviors should be gained to young people.

With this study: Nutritional behaviors of high school students were determined according to some variables and various suggestions were presented to improve these behaviors.

RECOMMENDATIONS

1. Nutritional education should be provided at all stages of education and training in order to correct the wrong nutrition behaviors of the students and gain the correct nutrition behaviors and this education should be continuous.

2. Education programs, courses or seminars can be organized for the family members in schools in order to raise the awareness of the student families on nutrition issues.

3. Parents can be made aware that they should consult a specialist, especially if they see a health problem in their children caused by eating disorders. This awareness can be made primarily in the family, school, environment and various health institutions.

4. In high schools, short-term conferences, panels and interviews on nutrition issues can be organized at regular intervals. In these trainings, it can be emphasized that breakfast is a necessary and important meal and that skipping meals will bring health problems.

5. The employees of the cafeteria and canteen in the schools can also be trained in nutrition to provide healthy foods.

6. Nutritional opportunities of the students in their geographical locations can be increased through inter-institutional cooperation.

7. In the light of nutritional information supported by scientific studies, we believe that it is very beneficial to emphasize the importance of nutrition to young students who are the future of our country, especially with education.

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