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Feeding Habit and the Health of Undergraduate Students: Evidence from Nigeria

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Abstract

The purpose of this study was to examine the relationship between feeding habit and the health of undergraduate students and to also ascertain the level of awareness of students on the nutritional value of food consumed followed by what necessitate their choice of food and how it affect their health. A stratified and simple random sampling method was adopted. Five research questions were raised in the study. Data was collected using a well-structured questionnaire (distributed to 220 students of Landmark University Kwara State, Nigeria out of which 200 were returned for analysis) along with an in-depth interview. The research design was descriptive survey. The theories used for this research are the rational choice theory and social learning theory. The major finding of the research shows there was a significant relationship between feeding habit and the health of students. There was no relationship between the cost of food and the feeding habit of students. The result revealed that (86.5%) of students' choice of food was based on availability. The effect of feeding habit on the health of students indicated lack of retention (49.5%) while illnesses such as stomach pain, stooling, ulcer and food poisoning were the common reported cases. In conclusion, it was recommended that students should consume food based on its nutritional benefits and not just based on availability. Also the Nigeria government should drive the goal of agrarian revolution in order to meet the food need of the country at a cheaper rate.

Keywords: Feeding habit; Health; Nutritional value.

1. Introduction

The motivation for feeding should not only be to stop hunger, rather there is also the need to be aware of the usefulness or nutritional value of the food consumed (Pollitt, 1998; Squires, 2001). Unhealthy eating habits has been considered as a major health concern that leads to several health issues like Type 2 diabetes, cancer and heart problems in developing nations (World Health Organization, 2003). Nutrients are consumed through the food that we eat, and through metabolic processes in the digestive system, these nutrients are absorbed at a cellular level in the body (Gibney *et al.*, 2009). Optimum nutrition contributes to health, wellbeing, normal development, and high quality of life (Gibney *et al.*, 2009). However, under-nutrition, over-nutrition, and malnutrition are linked to suboptimal health outcomes (Gibney *et al.*, 2009). Such poor diets have been linked to the occurrence of chronic diseases, including cardiovascular disease, Type-2 diabetes, cancer, osteoporosis and anaemia (Lytle *et al.*, 2002). Low intakes of fruit and vegetables increases the risk for developing cancer (Steinmetz and Potter, 1996), as well as cardiovascular disease, whereas low intakes of dietary fibre has been linked to being overweight (Patrick *et al.*, 2004). Healthy feeding is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your outlook, and stabilizing your mood. Healthy feeding is about getting the right and adequate food. This means having a variety of food which contains certain right nutrients needed by the body in the right proportion.

The eating of sweets, snacks and noodles are more common than the eating of fruits and vegetables among students in tertiary institutions in Nigeria (World Health Organization, 2004). The type of food eaten has been linked to alteration of mind and mood of students leading to emotional challenges in school (Gustafson, 2010). University students consist of youth population of both sex located in a particular location and joined by a common Academic pursuit. Studies on what students eat, when and how they eat has become important in promoting healthy lifestyles and eating habits among them, (Goel, 2006); (Rashad and Grossman, 2004). For some students, University admission provided the much desired freedom from total control by parents. So in managing this new found liberty, students seem to have fallen short of eating healthy on campus. Although nutrition is important for all segments of the society, it is of a different importance for university students (Erten *et al.*, 2006). Individuals, who gain

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independence in this period, start to decide on their eating preferences, to eat out more frequently and to get influenced by their circle of friends more. Therefore, they tend to consume those foods that are deemed unhealthy such as fizzy drinks and fast-food.

The general view of most youth about feeding habit is to eat what you see, wherever and whenever with no regards for its nutritional value or whether it contains the necessary balance diet. This attitude towards feeding among university students is said to be poor, as most students are known to patronize fast food more and eat less of nutritional food. Low income and high unemployment rate are some of the macroeconomics problems in Nigeria (Asaleye *et al.*, 2017a; Asaleye *et al.*, 2017b; Asaleye *et al.*, 2018). Therefore, the distortion of students feeding habit in Nigeria could be attributed to poverty, time schedule, economic capability of students, and family socialization on nutritional value; as some families in Nigeria bring up their children with eating just a square or two square meals daily, with the exemption of either breakfast or lunch.

Feeding is a phenomenon that human cannot do without; humans feed because it is essential for survival. Feeding habit of students most especially university students is of great necessity, due to the fact that nutritional intake gives the students' energy and balance they need for proper functioning. In carrying out a study of this nature is to find out the influence of feeding habit on the health of students, the relevance of proper nutritional feeding on students health and also to look at the importance of healthy feeding on the general performance of undergraduate students. Furthermore, this study is significant due to the fact that it pays attention to information on academics; the intellectual capability, the physical and social wellbeing of undergraduate students based on what they feed on. The study will also pay attention to both the negative effect of feeding habit and the benefits of healthy feeding habit. However due to the fact that in most Private Universities in Nigeria, the students are not allowed to cook, this study will recommend the proper nutritional and healthy food to be served to students that will help develop their mental, social and physical capability.

The study is streamlined as follows, after the introductory section, follows by the review of literature in Section 2. Section 3 presents the methodology while Section 4 explains the data analysis and presentation of result. Finally, Section 5 presents the conclusion and recommendation.

2. Review of Literature

Different theories have been advanced to explain the relationship between feeding habit and its influences. The Rational Theory emphasised on European theory at the expense of the rational purposive actions of individuals. In this sense, the individual is seen as over determined by social structure such as class, or as a role player in a complex of corporate entities. Part of this theory demonstrates that social relationships, or "Social capital", provide significant benefits to individuals in the form of "human capital", or resources that can benefit the individual. Thus, instead of conceiving social structure as a purely exogenous force that constrains behaviour beyond the capacity of individuals to control, Coleman theorizes that individuals engage in social relations because they rationally calculate of understand the benefits to be derived from them. Similarly, the Social Learning Theory places a strong emphasis on defining problems according to behaviour that can be identified and measured in ways that will also contribute to defining the desired changes that are needed. Social theory is associated with role theory as both incorporate ways of defining problems in relation to expectations and reinforcements (Bandura, 1977). According to Bandura (1977), the theory concentrated on the behaviour and interpersonal factors such as beliefs, thoughts, self- perceptions and the environment are all linked in what he refers to as reciprocal determinism. Social Learning Theory addresses the contextual influences on people's behaviour, with particular attention paid to environmental influence. An important aspect of these theory is its capacity to explain both why behaviour occurs, as well as in which behaviour can be change by altering environmental influences. Consequently, the applications of Social Learning Theory and the Rational Theory show that Children have the tendency to be influence by the society and as well learn from adults or parents from eating unhealthy foods and will continue in such feeding habits even as adults (Kelder *et al.*, 1994; Steptoe *et al.*, 1995); (Nicklas, 1995). Also study shows that some wrong foods eaten at childhood could lead to some health challenges in adulthood (Berenson *et al.*, 1998; Hales *et al.*, 1991; Moller *et al.*, 1994).

In essence, the decision to place trust in another involves the same rational calculations that are involved in deciding whether or not to eat fruits and vegetables or to consume chocolate or other sweet items that don't have the necessary nutritional values needed for the body to build up its immune system and its capacity to stand any form of disease. If students are aware that the chances of them consuming fruits and vegetables gives them a strong chance of retention in academics and physical agility, as opposed to the chances of them losing out on a long healthy life by rationally weighing both end, will go with the one that proffer more benefits than cost (Coleman, 1990). In relation to the rational choice theory, it can be said that students are not meant to just eat but have in mind the benefits of feeding which could either be to satisfy hunger for the moments or for its nutritional benefits.

Individuals‟ reasons for buying and eating particular foods have been described as a "complex bio-psychosocial process that is relative to person, place and time" (Walsh and Nelson, 2010). Most researchers believe that dietary habits and food preferences develop in childhood, are established by age 15, and become habitual in due course (Birch, 1999); (Sweeting and Anderson, 1994). Furthermore, youth experience peer pressure which significantly influences their food choices (Lytle *et al.*, 2002). In comparison to younger children, teens might also be exposed to more unhealthy food choices in their environment (Lytle *et al.*, 2002). Apart from transitional issues there are also a number of collective factors which influences the decisions individuals make about food, which includes familial factors, food supply, and food acquisition (e.g., at home, work, markets, and through fast-food outlets) (Taylor *et al.*, 2005). Recent research conducted with Irish adolescents (Walsh and Nelson, 2010) indicates that parents are the biggest influencers in their children's diets. In particular the frequency of shared dinners had a positive effect on

adolescents‟ food knowledge (Walsh and Nelson, 2010). Other factors influencing students‟ diets included their nutritional knowledge, friends (with whom high-fat fast foods were often consumed), government health campaigns and cooking programs on television (Walsh and Nelson, 2010). In the persisting increase in unemployment rate, poverty and low income in Nigeria (Aremu *et al.*, 2018; Asaleye *et al.*, 2018; Obadiaru *et al.*, 2018; Oloni *et al.*, 2017), there is a need to give more attention to the feeding habit among the students in higher learning schools. This on the other help will help to maximize long-run benefit on the economy.

3. Methodology

The aim of sociological research or research as a whole is to establish relationship between certain social phenomena. Therefore, this research study would try to establish empirically the relationship the feeding habit of students and their wellbeing. The research focuses on the feeding pattern of students, their daily feeding routine and the nutritional content of the food they consume using landmark university as an empirical base of study. The study is limited to only students in Landmark University, data collected and methods used was carried out in Landmark University; among the various Colleges (CSE, CBS and CAS). This focus on how the feeding habit of students affect their health (that is socially, mentally and physically) and the cost of feeding, that is how much is spent on feeding and how this affect students nutritional intake.

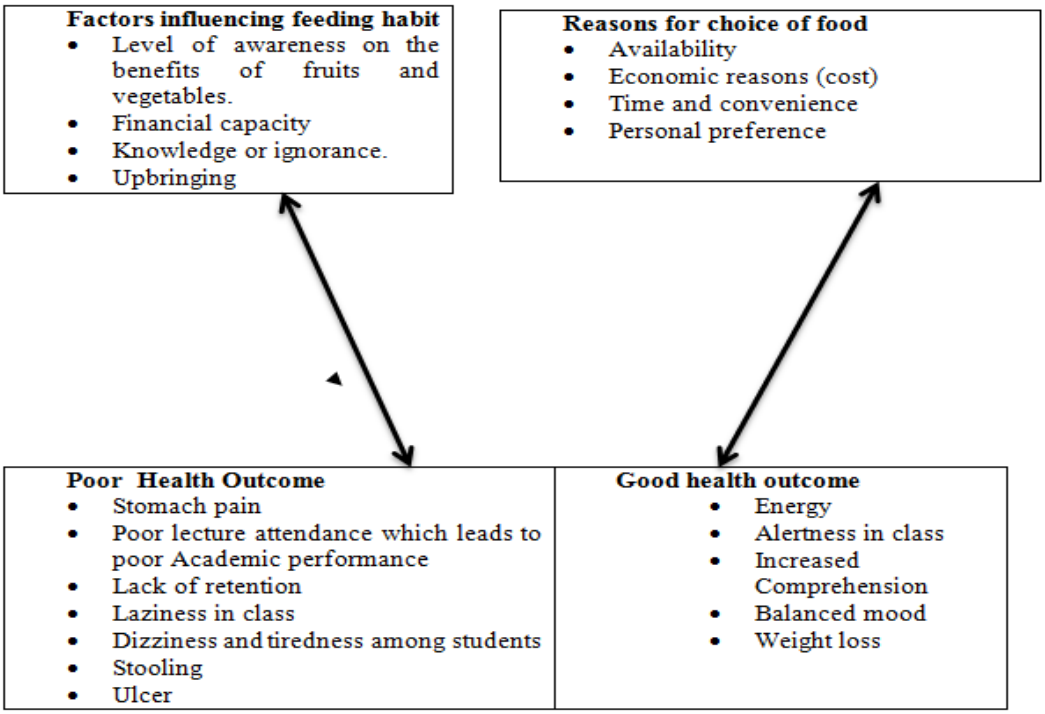
3.1. Research Design and Sampling Procedure

In the research design for this study the researcher used a descriptive survey. It is also to gain more understanding about the feeding habit of students and how this affects their wellbeing. Sampling is the process of selecting units (e.g., people, organizations) from a population of interest so that by studying the sample we may fairly generalize our results back to the population from which they were chosen. The sampling method used was the stratified sampling and the simple random method since every student cannot be studied. Stratified sampling is also a variation of the simple random technique, it helps to stratify or classify the population area into strata for proper representation. In order to arrive at a good representation of the sample population, simple random technique was then used to draw from the various departments cut across all the three colleges in Landmark University.

3.2. Conceptual Framework

This aspect of the project includes a tentative conceptualization of key variable drown from the research objective. It reviews how poor nutrition based on students choice of food and ignorance of food benefits based on the level of awareness contributes to poor health.

Figure-1. Conceptual Framework showing relationship between feeding and health



4. Data Analysis and Presentation of Results

4.1. Demographic Characteristics of the Respondents

There are five major aspects of the respondents' demographic variables measured. These variables include Age, Genders, Level and Ethnic group. The first variable to be measured is the Age of respondents. This is contributed as shown in the table below.

Table-1.

Age	**Frequency**	**Percentage%**
15-19yrs	83	41.5%
20-24yrs	104	52%
25 and above	13	6.5%
Total	200	100%
Gender	**Frequency**	**Percentage %**
Male	92	46%
Female	108	54%
Total	200	100%
Levels	**Frequency**	**Percentage%**
100	59	29.5%
200	16	8.0%
300	28	14%
400	76	38%
500	21	10%
Total	200	100%
Ethnic Group	**Frequency**	**Percentage %**
Hausa	16	8%
Yoruba	98	49%
Igbo	38	19%
Others	48	24%
Total	200	100%

Source: Researcher's Fieldwork, 2016

Table 1 indicates that respondents between ages 15 to 19years were 83 (41.5%), respondents between 20 to 24 years were 104 (52.0%) and respondents between 25 and above were 13 (6.5%). This shows that a larger number (percentage) of respondents used for this study falls within the age range of 20 to 24 years of age in Landmark University. Also from the table, it can be depicted that about 92 (46%) of the 200 respondents used in this study are males while the remaining 108 (54%) are females. The difference in the number of males and females indicates that there are more females participants in this study among the study population in Landmark University. It can be observed the table that samples were drawn from five levels, with 59 (29.5%) respondents from 100 level, 16 (8.0%) from 200 level, 28 (14%) from 300 level, 76 (38%) from 400 level and the remaining 21 (10%) from 500 level. It can be concluded therefore that more students in 400 level participated in this study than in the other levels in the University

Table-2. Distribution of Respondents based on awareness of feeding habit on students' health

Awareness of Feeding Habit on Students' Health		
Awareness	**Frequency**	**Percentage%**
Yes	186	93%
No	14	7%
Total	200	100%
Sources of Awareness		
Sources	**Frequency**	**Percentage%**
Radio	5	2.5%
TV	43	21.5%
Newspaper	14	7%
Social Media	98	49%
Others	40	20%
Total	200	100%
How Feeding Habit affect their Health		
Opinion	**Frequency**	**Percentage%**
Positively	172	86%
Negatively	28	14%
Total	200	100%

Source: Researcher's Fieldwork, 2016

Table 2 reflects that 186(93%) respondents claimed to be aware of the effect of feeding habit on students health, while the remaining 14(7%) claimed not to be aware of it. This indicates that a large number of the study population is aware of the effect of feeding habit on students' health. Based on awareness of the effect of feeding habit on student's health a respondent agreed by saying;

Yes students are aware of the health implications of not eating healthy, but as it were, they are a beat constrained because there is nothing they can do about it. In Landmark University, we have very tight system because we are only permitted to patronize LMDV and whatever they provide is what we are going to eat.

In table 2, it was indicated that 5(2.5%) respondents gained their awareness from radio, 43 (21.5%) from TV, 14 (7%) from newspaper, 98 (49%) from social media, while the remaining 40 (20%) was gotten from other source. This shows that majority of the study population source of awareness on the effect of feeding habit on students health are gotten from social media with 98 (49%). This point to the fact that the students have access to internet services while on campus for academics and other social uses. Similarly, in table 2, 174(87%) of respondents views that feeding habit and awareness affect their health positively, while the remaining 22 (13%) views it negatively This shows that a higher percentage of respondents views feeding habit and awareness of it positively 168 (84%). The implications of these show respondents in the study population are aware of the effects of feeding habit on their health. This high level of awareness among the respondents will be sustained through further enlightenments to reduce the negative effects of feeding habits among students.

Table-3. Distribution of Respondent by the Meal they Skip

Distribution of Respondent by the Meal they Skip		
Meal Times	**Frequency**	**Percentage%**
Breakfast	146	73%
Lunch	45	22.5%
Dinner	9	4.5%
Total	200	100%
Distribution of Respondents based on their Reasons for Skipping Meal		
Skipping Meal	**Frequency**	**Percentage%**
Economic Reasons	28	14%
To Meet Up with Lecture	124	62%
Loss Weight	22	11%
Concentrate More During Lectures	13	6.5
Others	13	6.5%
Total	200	100%
Distribution of Respondents based on the Effect of Skipping Meals		
Effects	**Frequency**	**Percentage**
Dizziness	36	18%
Tiredness	75	37.5%
Stomach Pain	44	22%
Increased Comprehension	9	4.5%
Alertness in Class	19	9.5%
Others	17	8.5%
Total	200	100%

Source: Researcher's Fieldwork, 2016

Table 3 reveals frequency distribution of respondents based on what meal they skip, as 146 (73%) skip breakfast, 45 (22.5%) lunch and 9 (4.5%) skip dinner. Very few among the respondents skip lunch and dinner but majority often skips breakfast. The implication of this shows that majority among the study population 146 (73%) do not take the regular breakfast meal. Breakfast is often regarded as the most important meal and therefore skipping it could affect the students' level of focus and concentration at lectures.

Table 3 also indicates the frequency distribution of respondents based on the reasons why they skip any of the regular three-square meals, as a result 28 (14%) out of the respondents picked economic reasons, 124 (62%) was to meet up with lecture, 22 (11%) was to Lose weight, 13(6.5%) to concentrate more during lectures while the remaining 13 (6.5%) had other reasons. The result of this shows that majority of the respondents in the study population 124 (62%) skip meals in order to meet up with lectures. The students should know that breakfast is vital and should not be skipped, rather it could be taken by the students in their hostel inform of tea and bread or other light meal without missing or coming late to lectures. Table 3 equally reveals the frequency distribution of respondents based on the effect skipping meals would have on them. From the table 36 (18%) of the respondents went with dizziness, 75 (37.5%) picked tiredness, 44 (22%) stomach pain, 9(4.5%) believe it will lead to increased comprehension, 19(9.5%) went for alertness in class, while the remaining 17 (8.5%) had other opinions. This indicates that 75 (37.5%) of the respondents in the study population claims tiredness as a major effect of skipping meal. The implication of this tiredness could contribute to students' inability to concentrate in class.

Table-4. Distribution of Respondents based on if they consume Fruits and Vegetables

Distribution of Respondents based on if they consume Fruits and Vegetables		
Fruits and vegetables	Frequency	Percentage%
Yes	102	51%
No	98	49%
Total	200	100
Based on Amount willing to be Spent Daily on Fruit		
Amount (N)	**Frequency**	**Percentage%**
Less than 200	99	49.5%
200-400	89	44.5%
410-600	3	1.5%
610-800	3	1.5%
810-1000	2	1%
Above 1000	4	2%
Total	200	100
Distribution of respondents based on the food item spent on the most		
Food item	**Frequency**	**Percentage%**
Chocolate and Sweet	11	5.5%
Snacks	44	22%
Noodles	83	41.5%
Fruits	10	5%
Others	52	26%
Total	200	100%
Based on their Reasons for the consumption of any food type		
Reasons	**Frequency**	**Percentage%**
Cost	38	19%
Health Reasons	3	1.5%
Nutritional Value	18	9%
Availability	135	67.5%
Others	6	3%
Total	200	100

Source: Researcher's Fieldwork, 2016

Table 4 reveals the distribution of respondents based on if they consume fruits and vegetables. From the table it shows that 102 (51%) of the respondents said yes while the remaining 98 (49%) said no. This indicates that a larger percentage 102 (51%) of the respondents in the study population often consume fruits and vegetables. The reason for the high consumption of fruits and vegetables by respondents where stated as, due to the nutritional benefit fruits have to the health. Further explained by a medical practitioner, who said;

Respondents: '*Fruits are very important as it has been shown that people who consume fruits are less prone to diseases, as the consumption of fruits cannot be overly emphasized. It helps prevent constipation among students after the consumption of high fiber food'.*

Table 4 also reveals the distribution of respondents based on the amount they are willing to spend on fruits daily. This table shows that 99 (49.5%) are willing to spend less money on fruit daily. The table reveals that 11 respondents (5.5%) will spend most of their money on chocolate and sweet, 44 (22%) will spend the most on snacks, 83 (41.5%) spend the most on noodles, 10 (5%) spends the most on fruit, while the remaining 52 (25%) spends the most on other forms of food items specified by each of the respondents. This shows that majority of the respondents 83(41.5%) in the study population spend most of their money on noodles due to the restricting policy of no cooking except for noodles in the hostels by the school management.

Table 4 also shows the distribution of respondents based on the reasons for the choice of the food they pick. This table indicates that 38 respondents (19%) picked cost as their reason, 3 (1.5%) had health reasons, 18 (9%) was based on the nutritional value, 135(67.5%) was based on what is available and the remaining 6 (3%) had specified reasons stated. The implication of this shows that majority of the respondents 135 (67.5%) in the study population consume food based on what is made available in the cafeteria and not as a result of its nutritional value to their health. It therefore beholds on the school management to deliberately make available variety of food at the cafeteria to meet balanced diet and other nutritional demands of students while on campus.

Table-5. Distribution of Respondents based on their idea of the effect of poor nutritional feeding to the health

Based on their Idea of the Effect of Poor Nutritional Feeding to the Health				
Opinion	**Frequency**		**Percentage**	
Yes	182		91%	
No	18		9%	
Total	200		100	
The Nutritional Value of Common Food Consumed				
Effect of feeding habit on health of students		**Yes**	**No**	**Total**
	Yes	8	6	14
	No	161	25	186
	Total	169	31	200

Source: researcher's Fieldwork, 2016

Table 5 reveals the frequency distribution of respondents based on their awareness of the effect of poor nutritional feeding to the health. The response gotten shows that 182 (91%) agrees and are aware of the effect of poor nutritional feeding on the health while the remaining 18 (9%) do not have an idea of the effect of poor nutritional feeding to the health. Furthermore based on the in-depth interview carried out on, a health practitioner who is the interviewee asserted that:

What we eat have great effect on our health because we are as healthy as the food we eat, most of the body tissue and cells will function by what our body get and if we don't eat the right kind of food, we don't give the body the right kind of nutrient. Most Landmark University students have very poor feeding habit.

$X^2C=8.602 > X^2t\ (0.05) =0.003$, D.F=1, N=200

There is a significant relationship between feeding habit of students and their health. This result is a confirmation of the evidence that what you eat has direct impact on your general wellbeing and health outcome.

4.2. Discussion of Major Findings

One of the major findings in the study is centered on the feeding habit of students and how it affect their health or wellbeing (physically, mentally, and socially) among students in Landmark University, as well as to develop a conceptual framework of these experiences by integrating the findings gotten from field with research objective, theories, literature review; and other findings.

4.3. To Ascertain the Level of Awareness on the Nutritional Value of Food Consume by Students

Based on this, the researcher was able to check the level of awareness of Landmark University students on the nutritional value of the food they consume which shows that majority of the students are aware. But have not been able to utilize this awareness to their advantage, due to the restriction of no cooking policy enforce by the school. Furthermore, in as much as students are aware of the significant benefits of fruits and vegetables, they will rather spend and consume more of noodle and rice than on fruits and vegetables. This goes to show that it is not just about being aware of the nutritional value of food/fruit, but student's ability to willingly spend more on purchasing fruits or other nutritious food items.

To examine the contributory factors responsible for the choice of food for students. There are positive factors that could be responsible for student's choice of food, some of these positive factors includes; the nutritional content of the food, whether or not it has the right amount of balance diet and the benefits it has on the health of students. While some other factors such as cost; this connote the amount students are willing to spend on meals. In this case based on the responses of students in Landmark University, it could be said that students prefer to spend less on fruits and vegetables which serve as one of the most important part of balance diet. Also Landmark University students choose the food they consume based on time and convenience that is, what is available and when it is made available and not about how it benefit their health or body system. This neglects balanced diet as an important factor to consider even though our organs and tissues need proper nutrition to work effectively. Without good nutrition, your body is more prone to disease, infection, fatigue, and poor performance.

Recommend the possible solutions on how to improve the effect of feeding habits among students.

This study recommend that emphasis be led on the benefits of eating healthy by government, agencies and even institutions from primary to tertiary. Students should be oriented on the effect of irregular feeding and emphasis should be made more on the importance of fruits and vegetables as a supplement. Nigerians should also be made to use and produce what they eat or consume from their natural environment. Food and nutrition expert should explore other sources or form of healthy and balance diet aside from the already existing once. Students should also be made to understand the different ways of combining food items that makes it palatable and healthy for consumption without having to spend much money. Furthermore with the promotion of the locally made goods or food items in Nigeria, food should be made available to every social class at an affordable price. These can only be made possible through the promotion of agricultural revolution of which youths should be encouraged to take interest in agriculture.

The agriculture and food sector features prominently in this enterprise, must be given due importance in any consideration of the promotion of healthy diets for individuals and population groups. Food strategies must not

merely be directed at ensuring food security for all, but must also achieve the consumption of adequate quantities of safe and good quality foods that together make up a healthy diet.

5. Conclusion and Recommendations

From the findings of this study, the following conclusions were made. The feeding habit of students has an effect on their health. But there was no relationship between the cost of food and the feeding habit of students. It was also discovered that students are aware of the benefits of fruits and vegetables to their health, but are not willing to spend more on them rather they consume more of rice and noodles regularly. Furthermore feeding is seen as a necessity to students and so should meet the nutritional needs contained in balance diet, at the right proportion and with the right quality. This study also shows that students consume more of the food available at any point in time, than having in mind the nutritional benefits such food contains. This goes to show that students are less concern with the nutritional value of the common food consume and more with the food made available and the convenience of such food. Based on this study, the effect of student's irregular feeding habit to their health is shown in their daily performance which leads to lack of retention, lack of concentration in class, stomach pain, stooling, dizziness and tiredness.

The relationship between the feeding habit of students and their health cannot be over emphasized. Therefore awareness should be created not only on the need for healthy feeding habits but through government agencies, food nutritionist and individuals, emphasis should be on consistent and conscious eating of balance diet, most especially among undergraduate students. It is recommended that people not students alone pay much attention on their food choice. Their choice should not be based on availability or convenience only but they should consider more critically the nutritional content of the food before consuming them and rather than consume more of junk foods, students should be made to see the importance of fruits and vegetables to their health. The internet especially through the social media could be used to drive this awareness of healthy eating habits among the youths who are among the most active users of social media. In a country like Nigeria, where we have lots of vegetables of different types around us which are very rich in nutrients, should be consumed more. Therefore it is highly recommended that the food made available for students to purchase should have the necessary amount of balance diet at a lesser cost. Room should also be made available for other traditional or native meals and it should not be made seasonal but should be available at all times and at a cheap rate. In general, Nigeria government should create and enforce policies that will help encourage the drive of agriculture and bar the importation of any form of agricultural product, by doing so, the cost of food will reduce and it will encourage Nigerians including students to consume fresh products and not canned or processed food. The major short coming of utilizing the rational choice theory, on the feeding habit and health of undergraduate students in consumption of fruits or picking which food is more beneficial to their health or wellbeing, is based on level of awareness they are on the benefits of such food or fruit. Therefore the rational thinking of choosing whether or not to eat fruit or nutritious food could be short-lived by convenience, time and cost, due to lack of awareness on the benefits of fruits and the right combinations of what constitute nutritious feeding.

In conclusion, the social learning theory emphasized that people's feeding habit is learned through socialization process that is, from the family units or from peers. This theory only shows that feeding habit is learned from the family or based on what your friend are eating. Therefore this theory has been analysed to be redundant based on the fact that it does not consider, the ability of students making his/her own decision as an independent adult. Therefore it is most appropriate to explain the feeding habits of children or adolescents. Based on this the most appropriate theory that portray students as independent adult that can rationally analysed their choice on what is appropriate and healthy to eat is the rational choice theory. For instance those involved in athletics or those in modeling and fashion industry have to rationally choose what they eat, for athletes there are certain food they have to do away with and they are meant to consume more fruits. Furthermore students may also rationally choose what they eat as adult; this choice may be based on cost, the nutritional value of the food, availability, time or convenience and health reason which is feeding for health purpose. This could be in the case of diabetic patients or those who are obese trying to lose weight. Based on the rational choice theory this shows that students feeding is not just a random activity but it is seen as a well-planned and analysed act based on rational thinking by weighing the cost and benefits of the possible outcome. Feeding habits of students has enormous impact on their general wellbeing on campus. It is therefore recommended that further study should be carried out on the influence of students' feeding habits on campus and Academic performance.

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