

## ПРЕИМУЩЕСТВА ЗДОРОВОГО ПИТАНИЯ СТУДЕНТОВ ВУЗА

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## THE BENEFITS OF HEALTHY EATING HABITS FOR UNIVERSITY STUDENTS

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**Аннотация.** Безусловно, студенты могут улучшить свои учебные достижения изменив привычки питания. Существует немало исследований, которые показывают, что определенные продукты влияют на нас весьма специфическим образом. Как и другие мышцы тела, мозг нуждается в тренировке и питании, чтобы быть здоровыми. К тому же, чтобы поддерживать активность мозга в процессе непрерывного образования и деятельности, студентам очень важно придерживаться здоровой диеты, включающей надлежащие питательные вещества. Так, студентам необходима здоровая пища для того, чтобы лучше учиться и быть более успешными в жизни.

**Abstract.** Students are certainly able to improve their study skills by changing their eating habits. There are many studies to show that certain foods affect us in very specific ways. Just like the other muscles in the body, the brain needs to have exercise and nutrition to stay strong and healthy. In addition to keeping the brain active with continuing education and activities, it is also important to maintain a healthy diet with the proper nutrients. So, students need healthy food in order to study better and be more successful in life.

**Introduction.** The average student enters university being prepared for self-study, social life, and basic physical needs, but he may not be sufficiently aware that a healthy lifestyle is also important for students. A student's life full of parties and other social events make them neglect their healthy eating habits. But there is a great deal of reasons to take the first steps to change the eating habits, for the better. They are as follows:

- a healthy body is essential to effectively study;
- if students are healthy, they will treat everything around them good, and it will certainly influence their academic results;
- if students understand that a healthy lifestyle is important, they will have more balanced nutrition, sufficient exercise, and a good amount of sleep. Taking care of oneself physically can improve one's mental health and, therefore, can help to become a successful student.

**The aim of the study.** The purpose of this paper is to consider the benefits of healthy eating habits for university students.

**Methods.** The survey was conducted among the first year students of Tomsk Polytechnic University, the Institute of Non-Destructive testing to cover the following areas:

- students' awareness and knowledge in nutrition. There were some questions concerning: the energy content of foods (fats, sugars, proteins); the role of fats; the sources of vitamins and minerals;
- students' nutritional habits. Students completed a 3-day diet diary in which they described and wrote down all items of food they consumed;
- the link between nutrition and memory.

**Results and Conclusion.** Research studies have shown that a well-nourished body of a student is better able to learn and achieve greater results. Healthy eating has been linked to higher results, better memory, faster information perception, processing and better university attendance. Breakfast has earned the title of being "the most important meal of the day" and yet it is the meal most often missed by university students. Skipping breakfast is turned out to have a negative impact on learning process: a higher percentage of breakfast eaters have much more points. Research has demonstrated the benefits of breakfast: students who eat breakfast tend to have improved scores on memory and problem-solving tests, as well as improved concentration and skill in physical tasks. It's also important to eat a high-quality breakfast. So, the students of Tomsk Polytechnic University improved their daily results due to the action called "Healthy Breakfast", which took place on September 4th [1].

#### Reference

1. Приятного здорового аппетита! / вузовская газета Томского политехнического университета «За кадры» // № 12 (3394) 04 сентября 2013 г. / Available at: <http://za-kadry.tpu.ru/article/3394/7671.htm>