FOOD BEHAVIOR FOR LUNCH SELECTION OF THE DEMONSTRATION SCHOOL

OF RAMKHAMHAENG UNIVERSITY'S (DSRU) STUDENTS POLSIRI.A. Department

of Home Economics, Ramkhamhaeng University, Bangkok 10240, Thailand.

This study was aimed to find out food behavior for lunch selection, colories and protein

consumed of DSRU students. One hundred and fifty of males and females were systematically

random sampling. The instruments for data collection were data collection forms, 24 hour food

recall forms. The calories and protein intake were calculated using the food composition table

and compared with Thailand RDA. The data were analysed by SPSS programe. The

correlation coeffocient ratio of variables were analysed by eta statistic.

The results showed that about 90 % of DSRU students had fair food behavior. The

students who consumed calories less than 11-20 % of RDA were 86.7 % of junior high school

males, 100 % of senior high school males and about 85 % of junior and senior high school

females. Regarding protein intake, the students who received less than 11-20 % of RDA were

29.4, 50.7 and 40 % for junior and senior high school males and junior and senior females

respectively. The reasons using for lunch selection of all students were acceptable because the

nutritional values, cleanliness of foods and salers, warm and delicious foods but not the

suggestion of friends, cheapness or convenience were used for consideration. However, The

recommendation should be emphasized on how to choose foods in each meals in order to

receive sufficient calories. Money received and food paying had a significantly correlation with

food behavior. The suitable food selection had significantly related to protein intake.