

Knowledge, attitude and practices of the community on hotels and restaurants food selection in Gujarat

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ABSTRACT

From this survey we found that the people of Gujarat, are more interested for the taste and appearance of the food, irrespective to its nutrition consideration. Therefore we should give more focus on changing the mindsets of the people, any different means so as to encourage them to select more nutritive foods, rather than just giving considerations to the taste. More steps should be taken to encourage the students and working professionals to focus on their health by not eating unhealthy foods outside. There are numerous impacts on nourishment decision which give an entire arrangement of intends to mediate into and improve individuals' sustenance decisions. There are likewise various boundaries to dietary and way of life change, which fluctuate contingent upon life stages and the individual or gathering of individuals being referred to. It is a noteworthy test both to wellbeing experts and to the open themselves to impact dietary change. Distinctive techniques are required to trigger an adjustment in conduct in gatherings with various needs. Battles that join custom fitted exhortation that incorporate down to earth arrangements just as ecological change are probably going to prevail with regards to encouraging dietary change

Key Words : Knowledge, Attitude, Practices, Hotels, Restaurants

INTRODUCTION

An eatery, inn or a restaurant, is a business which gets ready and serves sustenance and beverages to clients in return for cash. Dinners are by and large served and eaten on the premises, however numerous eateries additionally offer take-out and nourishment conveyance administrations, and some offer just take-out and conveyance. Eateries fluctuate extraordinarily in appearance and contributions, including a wide assortment of cooking styles and administration models extending from cheap drive-through joints and cafeterias to mid-evaluated family eateries, to costly extravagance foundations.

In this modern era there are various people who give consideration to the foods in the various dimensions, hence in this study we have find out what people are keen to select in the food dishes in the market, either it can be price, quantity, quality, hygiene, area of food

preparation or any other.

Objective of the study:

- The proposed objective of the study is as follows
- i) To find out the Gujarati community mind sets in hotel and restaurants food selection
 - ii) To access the nutrition knowledge in Gujarati community and to improve their hotel and restaurants food selection habits.

Importance of the study:

As there is a increasing trend of consumption of hotel and restaurants food, this study will help us to identify the community mindset of selection of food which will help us to guide them on the path of quality and nutrition of the food, this study will also help hotel and restaurants to know what the costumer expects from them in regards to their dishes, and they can further improve and can

give better quality to their customer, hence this study will not only help the community but will also help the hotel and restaurants associations.

Significance of the study:

The aim of the study is to find out what the number of people in our community are interested in either in the price, quantity, quality, hygienic considerations, and area of food preparation, what is their attitude towards the food so that the overview can be obtained about the areas in which modifications can be done and hence specific intervention can be made to correct the same.

METHODOLOGY

Study area:

The study is conducted in the Gujarat. (Rajkot, Baroda, Ahmedabad, Surendranagar, Porabandr) Various areas of the city are taken in consideration which includes rural and urban. Economic conditions will be also considered such as poor, middleclass or rich

Study subject:

The study was conducted on all age groups of people in Gujarat considering both male and female. By visiting various catering institutions, hotels, restaurants and local houses Data is collected.

Sample size:

A total of 100 community members was interviewed who are randomly selected (which includes 25 male (young and elderly), 25 females (young and elderly), 25 girl children (age 10 -15) 25 boy children (age 10 -15)

Description of intervention:

Major determinants of restaurant and hotels food selection:

The key driver for eating is obviously hunger however what we eat isn't resolved exclusively by physiological or nourishing necessities. A portion of different elements that impact restaurant and hotels sustenance choice include:

- Biological determinants: hunger, appetite, and taste
- Economic determinants : cost, income, availability
- Physical determinants : access, education, skills (e.g. cooking) and time
- Social determinants : culture, family, peers and meal patterns

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The intricacy of hotels and restaurants nourishment determination is evident from the rundown above, which is in itself not comprehensive. Hotels and restaurants sustenance determination factors likewise differ as per life arrange and the intensity of one factor will shift from one individual or gathering of individuals to the following. Accordingly, one kind of mediation to adjust hotels and restaurants nourishment determination conduct won't suit all populace gatherings. Or maybe, mediations should be outfitted towards various gatherings of the populace with thought to the numerous elements affecting their choices on eatery and lodgings sustenance determination.

RESULTS AND DISCUSSION

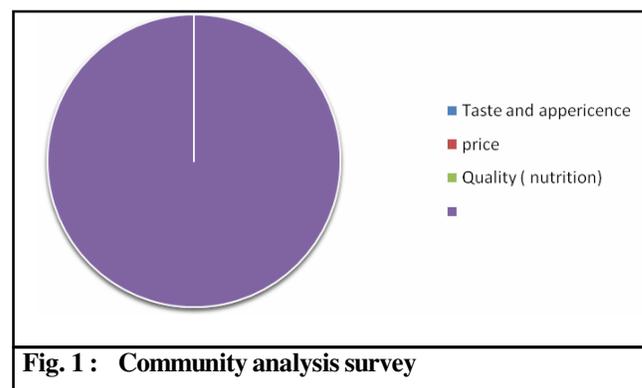
Collection of data :

Sample menu used for analysis in the community

From this study we found that the 70% of the people give consideration to the taste and appearance of the

Table 1 : Sample menu used for analysis in the community

Item	Calories	Price	Quantity
Sandwiches	280 cal	80	200gm
Cheese burger	330 cal	90	220gm
Double cheese burger	470 cal	100	230gm
Fried chicken sandwich	550 cal	120	250gm
Grilled chicken sandwich	450 cal	150	250gm
Accompaniments			
Fries	210 cal	80	100gm
Fries large	540 cal	100	150gm
Onion rings	900 cal	140	100gm
Drinks			
Chocolate shake	770 cal	70	250ml
Cola	330 cal	50	250ml
Diet cola	0 cal	70	250ml



food and 25% people give the consideration to the price of the product and only the remaining 5% gives the consideration to the quality of the food *i.e.* the nutrition aspect.

This survey was based on 30 people therefore we come to know that out of 25 people, 17 people were giving more consideration to taste and appearance and 6 people were found to be giving consideration to the price of the product, whereas only 2 people were found to be given consideration to the quality of the product *i.e.* the nutrition of the product

Hence we found that restaurant and hotels visitors or the customers are more interested towards the taste and less interested towards the quality or the price.

Therefore, hotel and restaurant association along with the community should take steps forward to improve the mindset of the people in regards to the quality approach.

So let us know how we can improve the knowledge of the community in regards to the selection of better quality of food.

Hotels and restaurants should be encouraged to use better quality of foods:

In 2019 we find that people are more attracted towards the restaurants and hotels for the consumption of foods due to the hectic life schedule and wanted foods at the very low prices so we should encourage the hotel and restaurant association to improve the quality of the food in the budget rate giving more considerations to the nutritive value and maintaining the same taste.

Students of schools and colleges should be given accurate knowledge of food selection in hotels and restaurants:

With the emerging trend of the QSR(quick service restaurants) and ready to eat foods more of the young generations and the students are being attracted towards the readymade foods henceforth, we should encourage the students at school level to select the right food with the right nutritive content for the better health

Making short films and videos to encourage people to select the right food:

We should make short films to promote good food habits in the community.

for example we can make a comparative video of 2 people, 1 who eats all the high calories food irrespective to the nutrient contents and the other giving the value to

the nutrients in the food then after in the video we can show the future of this people, the one ending with the diseases and obesity and the other and the other enjoying the healthy life.

Government should take initiative to stop the use of unhealthy components in the food:

There are various products which are when used by hotels and restaurants in which nutrients in the human health one of the examples is monosodium glutamate which is used to increase the taste in the food but at then it is harmful for the human body.

Observations:

Knowledge:

People know the benefits of selection of right foods, so as to maintain the good health.

Attitude:

People accept that there eating practices can be improved by having an accurate knowledge of hotel and restaurants food selection

Practice:

In order to improve the food selection and for good health people are ready to see the calories and quality of the food.

Area observations:

Urban area:

Most of the people are working professional and are living alone or in nuclear family, hence are more focused on the readymade foods or eating in hotels and restaurants and giving more preference to the taste rather than to the quality of the foods.

Rural area:

Rural area people have less availability of hotel and restaurants, and hence they rarely visit the place. Therefore they give more preference to the taste and price of the food.

Income / economic observations:

Poor/ low profile families:

This type of families' visits hotel and restaurants occasionally and due to low expense power they try to find the foods with low price and high quantity.

Middle class families:

This type of families visits hotels and restaurants usually twice a month and they look for good taste with affordable price, very few of them try to look at the nutrition considerations.

Rich families:

These types of families visit the hotels and restaurants rapidly and give more considerations to the taste and quality of the foods, irrespective to its price

Conclusion:

From this survey we found that the people of Rajkot, Gujarat, are more interested for the taste and appearance of the food, irrespective to its nutrition consideration.

Therefore we should give more focus on changing the mindsets of the people, any different means so as to encourage them to select more nutritive foods, rather than just giving considerations to the taste.

More steps should be taken to encourage the students and working professionals to focus on their health by not eating unhealthy foods outside.

There are numerous impacts on nourishment decision which give an entire arrangement of intends to mediate into and improve individuals' sustenance decisions. There are likewise various boundaries to dietary and way of life change, which fluctuate contingent upon life stages and the individual or gathering of individuals being referred to.

It is a noteworthy test both to well being experts and to the open themselves to impact dietary change. Distinctive techniques are required to trigger an adjustment in conduct in gatherings with various needs. Battles that join custom fitted exhortation that incorporate down to earth arrangements just as ecological change are probably going to prevail with regards to encouraging dietary change

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"ce qui répare les forces, aliment ouremèdefortifiant"
(Marguerite d'Angoulême ds Briçonnet, volume 1, p. 70)

DNHE-4 project work book

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