

# A Study on Takeout Diet of High School Students

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**Abstract.** Nowadays, takeout has become an inseparable part of people's lives in the new era, especially for high school students who lack independence, takeout is their best choice other than the school cafeteria. However, there are also health problems associated with takeout. The purpose of this article is to study the takeout habits of high school students and to collect opinions and suggestions on this issue.

**Keywords:** Takeout; High School Students; Hygiene Condition.

## 1. Introduction

With the economic development and technological progress, as well as the promotion of functional cell phones and the rise of takeout software, takeout has become popular among many high school students because of its convenience and deliciousness. Nowadays, the takeout industry has a broad market prospect and the development pattern is gradually stabilizing. However, at the same time, the problem of poor hygiene conditions and health hazards of takeout has gradually surfaced. According to China Consumer Journal, the safety of takeout has become a hot spot for complaints in the first half of 2022(Shi). Given Wu and Huang's survey, as contemporary students lack consumer experience before entering college and have not developed good consumption habits, they are prone to order takeout. Therefore, this study aims to investigate the takeout eating habits of high school students and their views on it through questionnaires and interviews, and to provide suggestions for high school students to improve their healthy eating habits and maintain food safety.

## 2. Materials and Methods

### 2.1 Survey Respondents

Taking "takeout eating habits of high school students" as the theme of the survey, 227 high school students were randomly selected to conduct a questionnaire survey, and their specific information is shown in Tables 1 and 2.

**Table 1.** Gender Information of Survey Respondents

Options	Subtotal	Proportion
Male	100	44.05%
Female	120	52.86%
Other	7	3.08%

**Table 2.** Grade Information of Survey Respondents

Options	Subtotal	Proportion
Year 10	14	6.17%
Year 11	25	11.01%
Year 12	188	82.82%

### 2.2 Interview Respondents

The interviews were conducted with six adults from different professions, and the topics were respectively "educational significance of takeout", "lifestyle habits and health overdraft", "influence

of smartphones ", "several costs" and "school management issues", aiming to study the opinions of adults about takeout for high school students.

### 2.3 Methodology

Questionnaires and interview research methods were mainly used, with respondents filling out the questionnaire anonymously and each completing them independently, and the researcher collecting and organizing the results.

## 3. Results and Analyzations

### 3.1 Overall Diet of High School Students

#### 3.1.1 Takeout Diet for High School Students

The proportion of high school student groups ordering takeout is shown in Table 3. The takeout rate is 90.31%, which is overwhelmingly higher than the non-takeout rate of 9.69%. Therefore, it can be considered that ordering takeout is a very common thing among high school students. Takeout has a high response rate and popularity among high school students. According to Wang, "relevant data show that teenagers aged 18-25 are the main consumers of takeout, and at this stage, high school students are also becoming the main group of takeout consumers force."

**Table 3.** Does High School Students Order Takeout

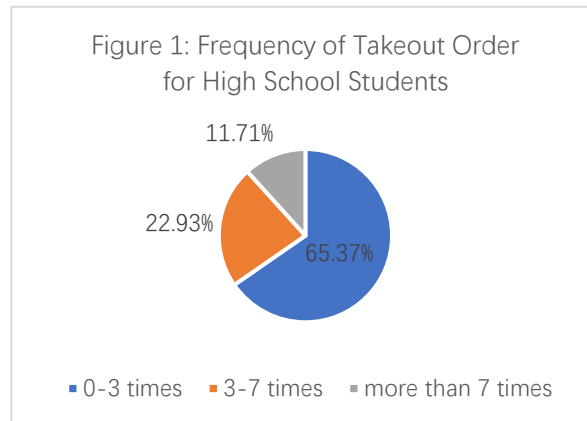
Options	Subtotal	Proportion
Yes	205	90.31%
No	22	9.69%

#### 3.1.2 Frequency of Takeout Order for High School Students

The pie chart of the takeout frequency of high school students is shown in Figure 1.

The total proportion of high school students choosing "0-3 times" is 65.37%, which is more than half of the students, so it is clear that more than half of the students ordered takeout less frequently. In comparison, according to Zhang, "74.3% of students order takeaway every week, 30.3% of students use it 3 times a week or less, and 42.2% of students use it 4 to 8 times a week. 3 times a week or less, 42.2% of students use it 4-8 times a week, and 1.4% and 1.4% use it 8-12 times and 12 times or more respectively. The percentages of students who use it 8-12 times and 12 times or more are 1.4% and 0.4% respectively. The percentages of students who used it 8-12 times and 12 times or more were 1.4% and 0.4%, respectively. Meanwhile, 25.7% of students did not use campus food due to food safety concerns. At the same time, 25.7% of students did not use campus take-out due to factors such as food safety.

The reason for the less frequency may be because the delivery time of takeout is not fixed and often arrives too early or too late at the designated location, which is not consistent with the time when high school students leave school, causing high school students to pick up takeout inconveniently and order takeout less frequently. Besides, most high schools will regulate the matter of students ordering takeout. According to Tables 4 and 5, 72.2% of the high schools manage takeout orders, 59.46% of them by explicitly prohibiting it, 24.32% by catching and disciplining it, and 16.22% by other methods. Therefore, these are the reasons why high school students do not order takeout as often.



**Figure 1.** Frequency of Takeout Order for High School Students

**Table 4.** Does the High School Manage the Act of Ordering Takeout

Options	Subtotal	Proportion
Yes	148	72.2%
No	57	27.8%

**Table 5.** The Ways to Manage Takeout Orders in High School

Options	Subtotal	Proportion
Explicitly prohibiting it	88	59.46%
Catching and disciplining it	36	24.32%
Other methods	24	16.22%

### 3.2 Specific Situation of the Group of High School Students Ordering Takeout

After excluding 22 students who did not order takeout from the "Do high school students order takeout" category, this research analyzed the specific situation of eating takeout among 205 students who had ordered takeout, and the results are as follows:

#### 3.2.1 Reasons for High School Students to Order Takeout

The reasons why high school students ordered takeout are shown in Table 6, specifically, the proportion of those who chose "better than canteen" was significantly higher. More high school students chose to order takeout because of the variety, taste, and convenience of takeout. The canteen window is limited and the takeout platform is wider, so the variety of canteen meals is not as wide as that of takeout. In addition, high school students are from different places and have different eating habits, so most of the cafeteria tastes are based on local eating habits and cannot meet the eating preferences of all students. Hence, these are the main reasons for them to order takeout.

**Table 6.** Reasons for High School Students to Order Takeout

Options	Subtotal	Proportion
Save time and effort	42	20.49%
Better than canteen	110	53.66%
Can do other things while waiting for takeout	24	11.71%
Others	29	14.15%

#### 3.2.2 Period for High School Students to Order Takeout

The response rate and prevalence of lunch and dinner were significantly higher among high school students. More high school students chose to order takeout for lunch and dinner, and only 4.39% of

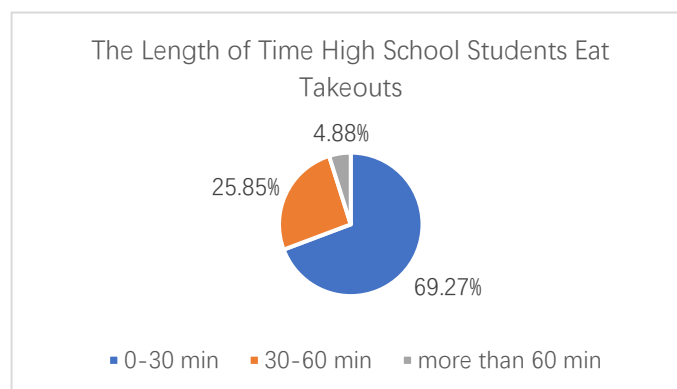
students chose to order takeout for breakfast. The reason for this is that more students choose to eat in the cafeteria because of the uncertainty of waiting for the delivery time in the morning when time is tight. The school's lunch and afternoon class times are unified, and a large number of students enter and leave the cafeteria during peak hours, causing problems such as congestion and long queues for food, so many students choose to order takeout to avoid the peak hours.

**Table 7.** Time Period for High School Students to Order Takeout

Options	Subtotal	Proportion
Breakfast	9	4.39%
Lunch	75	36.59%
Dinner	98	47.8%
Late night snack	11	5.37%
Others	12	5.85%

### 3.2.3 The Length of Time High School Students Eat Takeout

The length of takeout for high school students is shown in Figure 2. 69.27% of high school students ate takeout for 0-30 minutes, 25.85% of high school students ate takeout for 30-60 minutes, and the cumulative percentage of the two items is 95.12%, and the number of college students who ate takeout for more than 60 minutes is relatively small, the percentage is 4.88%. In high school due to heavy coursework, students compress their meal time and make them have bad fast eating habits.



**Figure 2.** The Length of Time High School Students Eat Takeouts

### 3.2.4 Expenses for High School Students on Takeout

High school students spending on takeout is shown in Table 8. It can be seen that those who spend in the range of 21-40 yuan per meal account for 57.56% of the total number of people, more than half of the overall. While their living expenses are shown in Table 9, 62.11% of high school students receive only 500-3000 yuan a month. This shows that long-term takeout is not an inelastic consumption for high school students who cannot earn money independently.

**Table 8.** High School Students' Spending on Takeout (/per meal)

Options	Subtotal	Proportion
0-20 yuan	35	17.07%
21-40 yuan	118	57.56%
41-60 yuan	32	15.61%
More than 60 yuan	20	9.76%

**Table 9.** Living Expenses for High School Students (/per month)

Options	Subtotal	Proportion
0-500 yuan	57	25.11%
500-3000 yuan	141	62.11%
More than 3000 yuan	29	12.78%

### 3.3 High School Students' Views on Takeout

#### 3.3.1 High School Students' Views on the Hygienic Conditions of Takeout

According to the statistics in Table 10, 75.61% of the high school students who ordered takeout valued the quality of the takeout most. This shows that the hygiene of takeout is not completely unappreciated in the minds of high school students. As Zhang said, 62.22% of students chose safety as the primary factor to consider when buying food, followed by freshness, taste, texture, etc. However, in the survey on whether they would pay attention to the business license and food hygiene license of the merchant when ordering takeout, 27.67% of high school students would pay attention occasionally, and 14.75% of high school students would not. This indicates that a significant number of high school students have uncoordinated food safety awareness and thus lack concern for the business qualifications of the merchants.

**Table 10.** The Most Important Qualities for High School Students Ordering Takeout

Options	Subtotal	Proportion
Price	25	12.2%
Quality	155	75.61%
Convenience	5	2.44%
Others	20	9.76%

### 3.4 Different Adults' Perception of High School Students Ordering Takeout

For the full-time mom, she thinks high school students shouldn't order takeout because the school itself will provide them with meals and their parents will take care of their food and drinks when they get home. If she were given a school administration that was against high school students ordering takeout, she would increase security as well as have the cafeteria make healthier meals. This is similar to the college graduate who also thinks that working with the security system to organize students to get takeout is a good way to go.

As for the problem that people now order takeout every day and their habits are solidified, the restaurant manager said it is an inevitable trend of social development. The company's white-collar workers, on the other hand, believe that long-term takeout will degrade the human ability to cook, and when it comes to some emergencies such as war, there is no way for people to cope.

For the impact of smartphones on the spurt of takeout, high school teachers believe that the emergence of smartphones has given rise to the rise of such takeout platforms, providing a channel to order takeout and a source of income for takeout riders merchants, and others. The company's chairman, on the other hand, believes that you can't blame the phone for ordering takeout, and conversely, you can't blame the act of takeout because the smartphone is too convenient.

## 4. Discussion

High school students have a takeout habit, but due to the cost of living and school control, the frequency of ordering takeout is not particularly high. But the problem of curing habits already exists. Even though high school students are already aware of health and safety, they do not know enough about specific safety controls. So, it can be seen that the takeout problem is still quite serious among Chinese high school students.

(1) To better solve the problem of high school students eating takeout, high schools should take full account of students' dining needs, actively improve cafeteria meals, and increase the diversity of dishes. Also, schools should open enough windows to prevent students from wasting a lot of time in the queue during peak periods. time in the queue, resulting in students' irritability, anger, and other emotions, which not only affect personal not only affect their moods, but also are detrimental to their health, and turn to order takeout to solve their personal dietary needs.

(2) Besides, network ordering platforms should improve takeout food management, using Internet technology and big data processing to solve the problems related to the information inequality between consumers and merchants. The Internet platform should use the advantages of Internet technology and big data processing to solve the information inequality between consumers and producers and to protect consumers' right to know and supervise.

## 5. Conclusion

To sum up, with the popularity of online payment and people's demand for food

With the popularization of online payment and the increase in people's demand for food, takeout food is becoming more and more popular among young people because of its wide variety, good taste, and convenience. However, with the expansion of the takeout market, some unscrupulous businesses do not pay attention to food hygiene, and there is still room for further improvement in food hygiene management in all aspects of the takeout supply chain. Some college students have unhealthy takeout eating habits due to their lack of awareness of healthy eating or lack of self-control, and all these factors will cause hidden dangers to college students' health. As an important member of the future social development, high school students should raise their awareness of a healthy diet, pay attention to a reasonable diet, and develop good healthy eating The food is not only healthy but also has to be eaten healthily. The safety and health management of takeout food still needs to be managed by businesses, third-party platforms, supervisory authorities, and consumers. The safety and health management of takeout food still needs to be improved by merchants, third-party platforms, supervisory authorities, and consumers. Promote the healthy development of campus takeout.

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