



# Nutrition in Academia

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## Abstract

### Introduction:

The type of food that kids eat can have a significant impact on their class placement. Researchers have discovered a correlation between nutritional consumption and how it affects your academic performance for decades. This study aims to provide a distinct viewpoint on this connectivity, as well as insights about class placement. To do so, a survey was distributed to high school students aged 14 to 18. Asking participants to describe their typical diet and the classes they are taking. The raw data was then evaluated, and conclusions were derived based on the types of foods and frequency of consumption. While the data and outcomes gathered throughout this analysis were conclusive, additional research is required to boost lucidity.

### Objectives:

- Reveal the correlation between nutritional intake and academic classification
- Give deeper understanding of teenage diets toward academic advancements and involvement of nutrition with brain growth

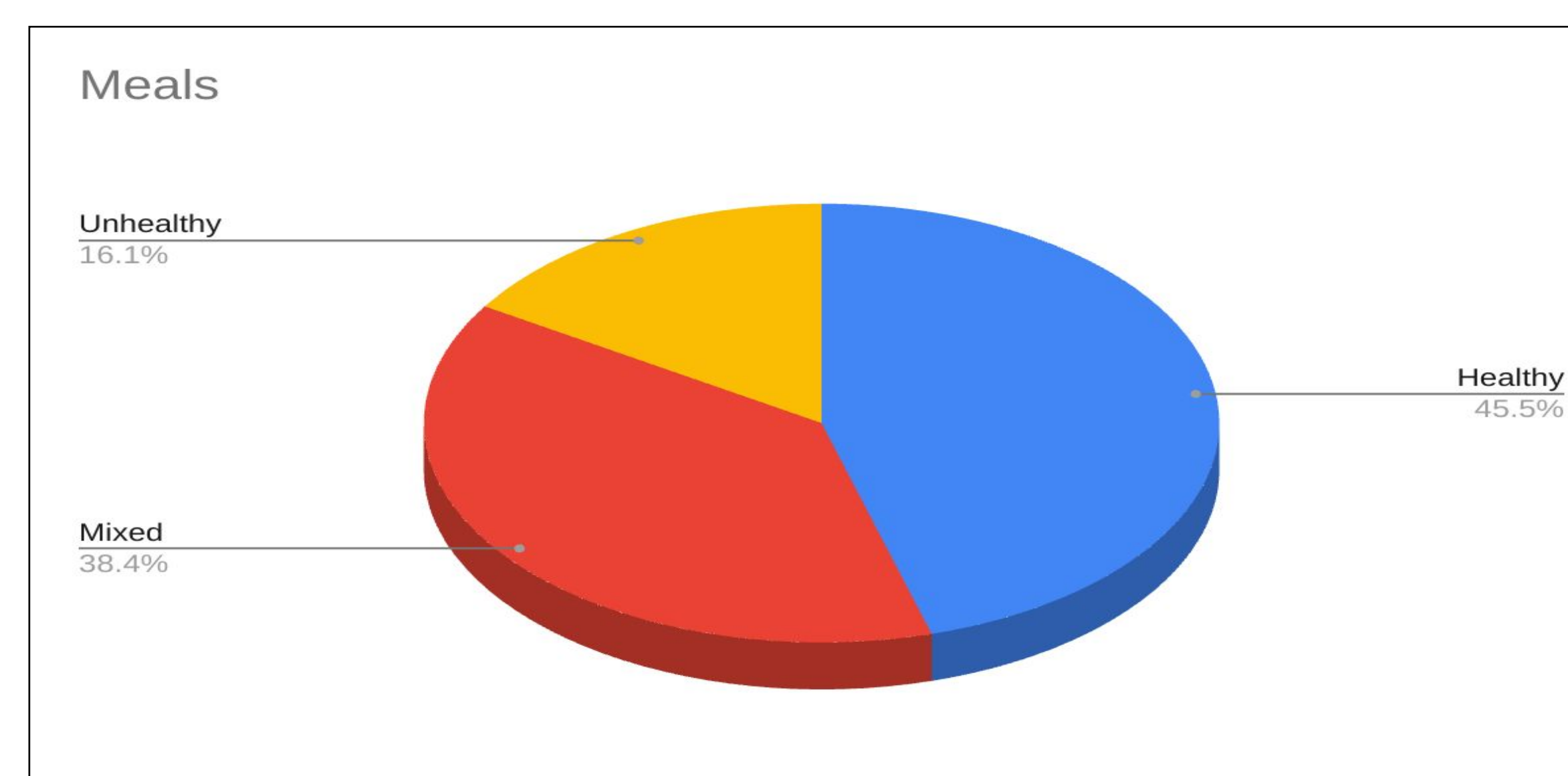
### Limitations:

- Sample size, Integrity of all students, Lack of student diversity

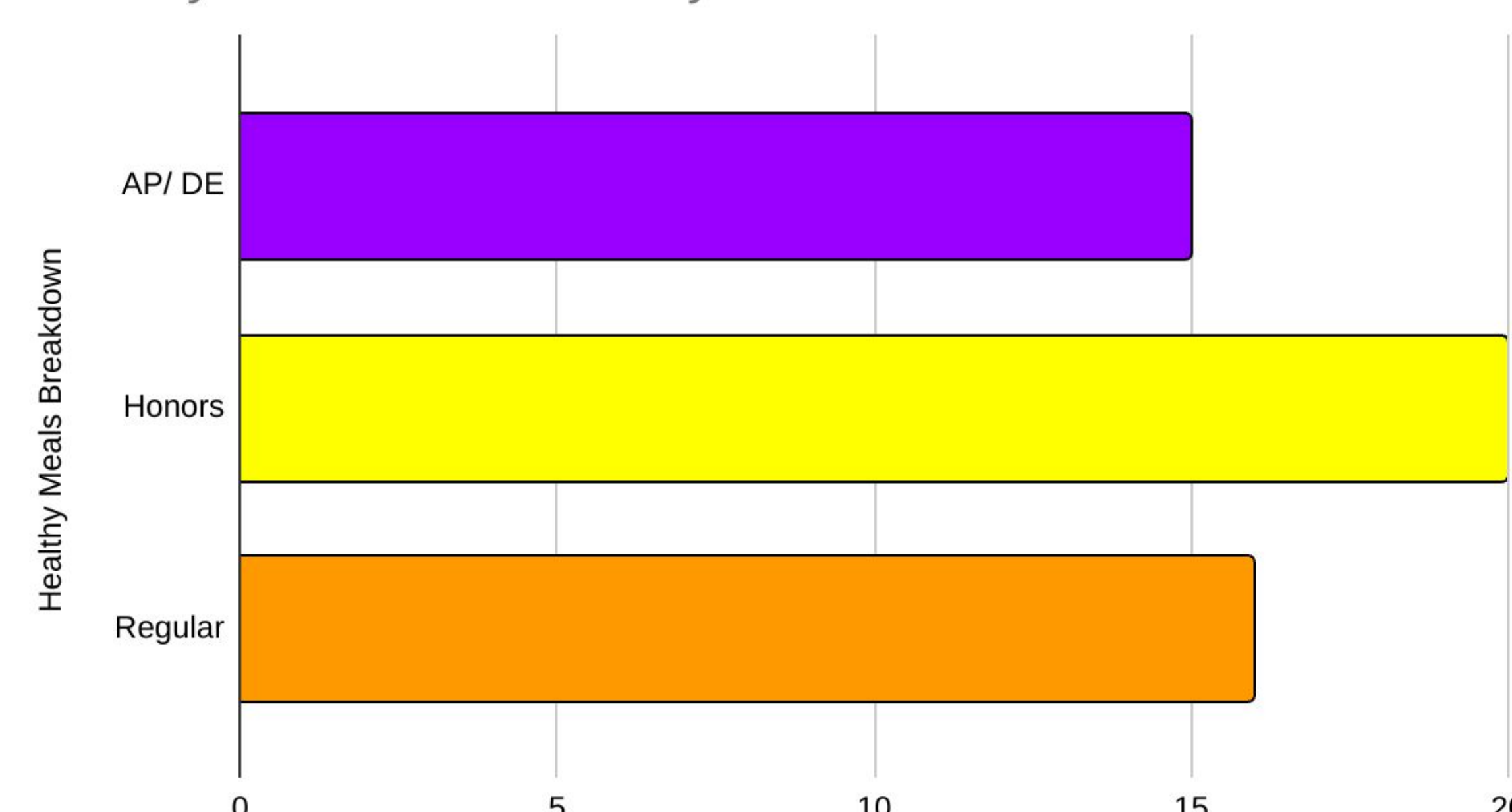
## Methods:

A survey was given to high school students aged 14 to 18. Asking participants to identify what their diet consists of on a normal day and what classes they are taking by a multiple choice survey.

## Analysis:



Healthy Meals Breakdown by Academic Classification



## Results/ Discussion:

After all students took the survey it was found that 16.1% have a more unhealthy diet, 38.4% has a mix of a healthy and unhealthy diet, and lastly 45.5% of the students had a healthy diet. When looking at those with a healthier diet, the AP/DE class had 15 students, the honors had 20 students, and the regular had 16 students who had a healthier nutritional intake. There could have been a different outcome if the subjects were more controlled. It could have also changed based on whether or not specific food groups and dietary intake was identified and part of the selection process.

## Conclusion:

This studies purpose was to identify whether there was a correlation between nutritional intake and academic achievement. This study was based from utilizing subjects in the same high school, and relied solely on individual assessments and input. Based on the initial study, it does not illustrate there is a correlation between the two, however, this was a limited study without a control that safeguarded user input which may have affected the overall results.