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COMPARISON OF FOOD PREFERENCE AND CONSUMPTION PATTERN OF MALE AND FEMALE LECTURERS IN YABA COLLEGE OF TECHNOLOGY

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Global food variety influence eating behavior and pattern of individuals across social and work classes. Teachers not exempted require energy to carry out their primary assignments at various levels. This study was carried out to assess the food preference and consumption pattern of Academic staff within a Nigerian Institution. One hundred and fifty volunteers using a cross-sectional design comprising 75 male and 75 female Lecturers across eight faculties of the College. Structured questionnaires including Food Frequency table, socio-demographic data food habits and were filled by all. Tests of difference were performed between gender of respondents and Daily and Weekly Food Frequency and Food Preferences. Daily food frequency shows male Lecturers prefer local heavy carbohydrate meals, fruits, beans, roots and food from the various classes except in the consumption of beef and carbonated drinks where there is no significant difference with p-values greater than 0.05 (i.e., 0.547 and 0.109 respectively). No significant differences existed for weekly frequency in the consumption of non-leafy vegetables and carbonated drinks since the p-value is greater than 0.05 (i.e., 0.660 and 0.783). Eighty percent (80%) of the study population skip breakfast. The result obtained contradict the universal trend of male preference for meat and drinks generally.

Keywords: Dietary pattern, Food preference, Food frequency, Teachers

INTRODUCTION

According to Wikipedia a teacher or educator is a person who engages students in the process of learning (Wikipedia.org/wiki/Teacher). The role of teacher is often formal and ongoing, carried out at a school or other places of formal and non-formal education. In many countries, a person who wishes to become a teacher must first obtain specified professional qualifications or credentials from a university or college. According to a study by the UK's Department for International Development (DfID) as reported by Christine Mungai in the mail Guardian, Over a third of teacher respondents in the DfID study in Ghana, Sierra Leone and Zambia agreed with the statement that "teachers in this school come to work hungry" (Christine Mungai in the Guardian). Most Teachers in Africa especially the men hardly could meet-up with the 'Dietary Allowance' requirement for men which differs from that of the women due to the difference in physiological make-up and calorie needs (Shepherd, 2005).

The well-being of women is a key factor in measuring national development. This is because indices such as maternal mortality rate, girl-child educational level are usually used in the scale for measurement of a nation (Lindeman and Sirelius, 2001). A woman in the African setting is regarded as a burden bearer, a home keeper, a peace maker and of course nation builder. It is therefore important to know how women are sustained physically, which can be determined first through their feeding practices.

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Recent literature has highlighted that nutrition could differently influence the health of male and female individuals. It is widely not only "just a fuel" but is the most significant part of the environment that we actually introduce into our body and eating patterns are a relevant component of the cultural reference models (Randall and Sanjur, 1981).

Food choice is dependent on a wide spectrum of factors, which affect human behaviour in different ways, resulting alternatively in the choice of some specific products and in the rejection of others. The study of food choice is mostly dealing with one question: "why do people eat the foods they eat?" Food plays an important part in all our lives in a variety of ways. The choices people make among foods determine which nutrients enter the body. However, in modern societies, food is more than mere sustenance (Lappalainen *et al.*, 1997).

What people choose to eat is not solely based on their biological needs, their choice also addresses many psychological and/or emotional issues.

In general, women have been frequently reported to engage in far more health-promoting behaviours than men and have healthier lifestyle patterns. Men usually talk about eating as habitual and routine, and as necessary activity to "fuel" their "fleshes". Although they are aware of "healthy eating guidelines", they often show skepticism and resistance to nutrition education messages, and frequently perceive healthy eating as monotonous and unsatisfying. Some men do express interest in food, cooking, and health, and indicate that they are reducing their consumption of red meat and increasing consumption of vegetables (Lindeman and Stark, 1999).

These alternative experiences with food are more commonly expressed by "high educational levels", such as engineers, than by "blue-collars workers, such as carpenters or drivers, suggesting that social class may mediate associations between "masculinity" and food (Roos *et al.*, 2001; and Sobal, 2005).

With regard to eating habits, a large number of reports indicate that in general, women are more aware about diet and health-diet relationship implications and also embrace suggested dietary changes to a greater degree than men.

A different study however, reported females to be more likely than males to mention more vegetables or less fat or balance as a part of a healthy diet (Liebman *et al.*, 2003).

Another factor contributing to food choices is the persuasion by others or by specific circumstances. More women than men reported that influence of other people can prevent them from eating healthier. It has also been observed that men give lower priority to health compared to other considerations, such as taste and convenience, in making their food choices. Other studies reported that men choose fewer high-fiber foods, eat fewer fruits and vegetables and low-fat foods, and consume more soft drink that women which was also confirmed by this work (Courtenay, 2000).

Weight control/body perception are known to influence food choice decisions, mainly in women. Numerous research on body image have shown that women are more likely than men to perceive themselves as overweight and to express discontentment with their body shape (Counihan, 1999).

Problems with eating behaviour have a strong female prevalence emerging in childhood and adolescence. Women affected by certain eating disorders are likely to experience a constant internal conflict between the desire of being slim or slimmer, and the drive for certain "forbidden" food. Women are more often affected by the problem of craving than man, being more likely to be wishful for sweet foods. This attitude results in a difficulty in sticking to a weight reducing-slimming diet (Claudia Arganini *et al.*, 2012).

MATERIALS AND METHODS

This study was a cross-sectional design recruiting ten female and male respondents each across the eight faculties of the College. One hundred and sixty questionnaires were administered and one hundred and fifty retrieved. Analysis was done based on the number of questionnaires retrieved.

Bar chart, chi-square test and T-test were used for analysis. One hundred and fifty volunteers which comprise 75 male and 75 female Lecturers of the Polytechnic filled Food-Frequency Questionnaires (FFQ) which include Nigerian foods distributed within the food classes, a column to indicate its preference as well as questions eliciting socio-demographic, sources of food and feeding pattern to evaluate food consumption and preference.

STATISTICAL ANALYSIS

The data obtained was statistically analyzed (analysis of variance) using Statistical Package for Social Scientists (SPSS version 16).

DISCUSSION

The demographic data of the one hundred and fifty respondents is shown in Table 1. Table 2 shows the lecture periods of the teachers with 74% of respondents having morning lecture periods spread across Monday, Tuesday, Wednesday mornings with 20%, 26% and 22% respectively. This shows that Lecturers have Tuesday morning lectures the most and Friday morning lecture the least with 11%. Food habits of the respondents were expressed in Table 3 shows that 6% of the respondents eat once daily, 55% twice and 39% thrice. 52% of the respondents do not consume breakfast before morning lectures and 48% consume breakfast before lectures.

Table 1: Analysis of Respondents Demographic Data

Items	Frequency	Percent (%)	Mean	Standard Deviation
Gender				
Male	75	50		
Female	75	50		
Total	150	100	1.48	0.501
Age				
25-30 years	7	4.7		
31-35 years	20	13.3		
36-40 years	30	20		
41-45 years	38	25.3		
46-50 years	33	22		
Above 51 years	22	14.7		
Total	150	100	2.96	0.789
Marital Status				
Married	125	93.3		
Widowed	4	3		
Separated/Divorce	5	3.7		
Total	134	100	2.03	0.401
Academic Qualification				
ND	1	0.9		
HND	5	4.6		
BSc/PGD	20	18.3		
Masters	74	67.9		
PHD	9	8.3		
Total	109	100	3.79	0.888

Table 1 (Cont.)

Work Experience				
Between 1-5 years	23	15.6		
Between -10 years	46	31.3		
Between 11-15 years	38	25.9		
Between 16-20 years	19	12.9		
21 years and above	21	14.3		
Total	147	100	2.92	1.015
Religion				
Christianity	114	78.6		
Islam	30	20.7		
Others	1	0.7		
Total	145	100	2.22	0.919
Ethnicity				
Yoruba	105	71.9		
Igbo	19	13		
Hausa	6	4.1		
Others	16	11		
Total	146	100	2.22	0.688
Monthly Income				
60,000-80,000	8	6		
80,001-100,000	10	7.5		
100.001-120,000	57	42.5		
120,001 and above	59	44		
Total	134	100		

The food habit of the Lecturers further indicates that 44% of respondents skip breakfast, 26% skip lunch 5% dinner and 25% of them do not skip meals at all. The Lecturers often eat between meals with 60% of them.

Table 4 indicated the test of differences between gender of respondents and daily food frequency table. The analysis of comparism between gender of respondent and their daily food frequencies (Incomplete statement). The analysis showed a significant difference between respondents' gender and their daily frequencies of all the various food classes except for meat and soft drinks with p-value much higher than 0.05, i.e., 0.547 and 0.109 respectively.

Table 5 expressed the test of differences between gender of respondents and weekly food frequency shows the analysis of comparism between gender of respondent and

Table 2: Analysis of Respondents Nature of Lecture Period

Items	Frequency	Percent (%)	Mean	Std
Do you have early morning lecture periods?				
Yes	104	74.3		
No	36	25.7		
Total	140	100	1.48	0.501
If yes, which days of the week?				
Monday	40	20.2		
Tuesdays	51	25.8		
Wednesday	44	22.2		
Thursday	35	17.7		
Friday	22	11.1		
Saturday	4	2		
Sunday	2	1		
Total	198	100	2.96	0.789
How many lecture hours do you have in a week?				
1-5 hours	21	16.4		
6-10 hours	41	32		
11-15 hours	35	27.3		
16-20 hours	19	14.8		
20 hours and above	12	9.4		
Total	128	100	2.03	0.401

Table 3: Analysis of Respondents Food Habits

Items	Frequency	Percent (%)	Mean	Std
How many times do you eat daily?				
Once	9	6.1		
Twice	81	54.7		
Thrice	58	39.2		
Total	148	100	1.48	0.501
Do you take B/fast before lectures?				
Yes	71	48		
No	77	52		
Total	148	100	2.96	0.789

Table 3 (Cont.)

Which of these meals do you usually skip?				
Breakfast	64	43.8		
Lunch	38	26		
Dinner	8	5.5		
None	36	24.7		
Total	146	100	2.03	0.401
Do you eat between meals (snacks)				
Yes	89	60.1		
No	59	39.9		
Total	148	100	3.79	0.888
What usually influence what you eat?				
Hunger	63	43.8		
Appetite	38	26.4		
Regular time of meal	27	18.8		
Availability of food	16	11.1		
Total	144	100	2.52	0.614
Are all you meals prepared at home?				
Yes	48	32.4		
No	100	67.6		
Total	148	100	2.92	1.015
How do you describe your attitude towards your meals?				
I enjoy taking meals	100	68		
I have no special emotions towards my meals	44	29.9		
I don't really enjoy my meals	3	2.1		
Total	147	100	2.22	0.919
Do you enjoy fried food than boiled food				
Yes	45	30.8		
No	101	69.2		
Total	146	100	2.22	0.688
Do you like adding extra salt to your meals?				
Yes	19	12.9		
No	128	87.1		
Total	147	100		

Table 3 (Cont.)

Describe your normal size of foods?				
Large (3 or more evaporated milk size)	10	7		
Normal (2 evaporated milk size)	56	39.4		
Normal (1 evaporated milk size)	76	53.5		
Total	142	100	1.76	0.976
Do you consume up to 3 dessert spoons of vegetable in your meals per day?				
Yes	82	56.2		
No	64	43.8		
Total	146	100		

Table 4: Test of Differences Between Gender of Respondents and Daily Food Frequency

Items	Gender	Mean ± Std	T	Df	P-Value
Starc	Male	29.65 ± 1.309	3.088	90.682	0.003
	Female	25.39 ± 0.442			
Protein	Male	14.89 ± 0.678	4.073	94.262	0
	Female	11.95 ± 0.253			
Meat	Male	6.00 ± 0.283	0.603	145.394	0.547
	Female	5.77 ± 0.247			
Fish	Male	9.12 ± 0.376	4.898	103.652	0
	Female	7.09 ± 0.172			
Egg	Male	3.12 ± 0.172	1.212	131.73	0
	Female	2.87 ± 0.119			
Milk	Male	1.59 ± 0.091	2.513	120.491	0.013
	Female	1.32 ± 0.054			
Fruits	Male	21.49 ± 1.401	3.525	93.822	0.001
	Female	16.23 ± 0.518			
Vegetables	Male	14.80 ± 1.316	3.562	80.253	0.001
	Female	10.01 ± 0.271			
Non leafy vegetables	Male	10.00 ± 0.527	2.606	133.03	0.01
	Female	8.32 ± 0.372			

Table 4 (Cont.)

Fat and oil	Male	6.65 ± 0.358	2.442	134.728	0.016
	Female	5.57 ± 0.259			
Beverages	Male	4.76 ± 0.247	2.889	119.68	0.005
	Female	3.93 ± 0.145			
Drinks	Male	1.47 ± 0.083	1.613	126.165	0.109
	Female	1.31 ± 0.054			

Table 5: Test of Differences Between Gender of Respondents and Weekly Food Frequency

Items	Gender	Mean ± Std	T	Df	P-Value
Starch	Male	53.92 ± 3.683	6.226	148	0
	Female	30.20± 0.976			
Protein	Male	31 .97± 2.956	5.359	148	0
	Female	15.96 ± 0.698			
Meat	Male	11.43 ± 0.855	2.296	148	0.023
	Female	9.17 ± 0.481			
Fish	Male	18.35 ± 1.404	5.224	148	0
	Female	10.48 ± 0.545			
Egg	Male	5.39 ± 0.465	2.181	148	0.031
	Female	4.25 ± 0.232			
Milk	Male	3.07 ± 0.291	2.384	148	0.019
	Female	2.21 ± 0.208			
Fruits	Male	39.59 ± 3.138	4.943	148	0
	Female	23.08 ± 1.094			
Vegetables	Male	25.35 ± 2.093	3.995	148	0
	Female	16.24 ± 0.902			
Non leafy vegetables	Male	19.20 ± 1.573	0.442	148	0.66
	Female	18.31 ± 1.273			
Fat and oil	Male	12.63 ± 0.963	1.986	148	0.049
	Female	10.31 ± 0.661			
Beverages	Male	8.49 ± 0.780	1.725	148	0.087
	Female	6.95 ± 0.441			
Drinks	Male	2.99 ± 0.281	-0.276	148	0.783
	Female	3.09 ± 0.267			

Table 6: Test of Differences Between Gender of Respondents and Food Preference

Items	Gender	Mean ± Std	T	Df	P-Value
Starch	Male	48.59 ± 4.252	2.171	148	0.032
	Female	36.84 ± 3.348			
Protein	Male	24.11 ± 2.083	2.529	148	0.013
	Female	17.57 ± 1.527			
Meat	Male	9.59 ± 0.829	1.927	148	0.056
	Female	7.45 ± 0.734			
Fish	Male	14.37 ± 1.257	1.816	148	0.071
	Female	11.35 ± 1.095			
Egg	Male	4.69 ± 0.409	1.76	148	0.081
	Female	3.75 ± 0.350			
Milk	Male	2.40 ± 0.211	-0.172	148	0.863
	Female	2.45 ± 0.226			
Fruits	Male	31.56 ± 2.744	1.9	148	0.059
	Female	24.96 ± 2.130			
Vegetables	Male	19.20 ± 1.656	1.17	148	0.244
	Female	16.67 ± 1.394			
Non leafy vegetables	Male	14.77 ± 1.291	1.868	148	0.064
	Female	11.65 ± 1.061			
Fat and oil	Male	9.67 ± 0.839	2.021	148	0.045
	Female	7.45 ± 0.703			
Beverages	Male	7.13 ± 0.627	1.705	148	0.09
	Female	5.71 ± 0.553			
Drinks	Male	2.43 ± 0.216	1.5	148	0.136
	Female	1.99 ± 0.199			

their weekly food frequencies. From the analysis it was seen that there was a significant difference between respondent's gender and their daily frequencies of all the various food class but non-vegetables and drinks since the p-value is 0.05 (i.e., 0.660 and 0.783 respectively).

The test of differences between gender of respondents and food preference indicated the analysis of comparism between gender of respondent and their food preference. From the analysis it was seen that there was a significant difference between respondent's gender and their food preference in starch, protein and fat and oil while the remaining class of food were not significant since the p-value is greater than 0.05.

CONCLUSION

The result shows preferences for meat and sugary drinks by male lecturers. Findings from this study are consistent with previous research carried out as shown above. The high rate of skipping of breakfast by 80% of the Lecturers could be as a result of the metropolitan lifestyle in Lagos State, Nigeria. Lagos residents rush-out of homes very early to catch-up with daily engagements without provision for feeding and meeting their dietary needs.

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