

The Correlation Among Knowledge, Attitude, and Instant Food and Beverage Consumption Patterns on the Nutritional Status of Culinary Students

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ABSTRACT

This study seeks to ascertain: (1) the nutritional knowledge level of class XII Culinary students; (2) the attitudes of class XII Culinary students toward the consumption of instant food and beverages; (3) the behaviors of class XII Culinary students concerning the consumption of instant food and beverages; (4) the nutritional status of class XII Culinary students; (5) the correlation between the knowledge of class XII Culinary students and their nutritional status regarding the consumption of instant food and beverages; (6) the correlation between attitudes and the nutritional status of class XII Culinary students in relation to the consumption of instant food and beverages; (7) the correlation between behaviors and the nutritional status of class XII Culinary students at SMK Negeri 3 Wonosari regarding the consumption of instant food and beverages. This research employs a quantitative descriptive methodology. The population comprised 103 pupils, with a sample of 87 individuals selected using the Isaac and Michael table and the Simple Random Sampling method. The data analysis employed the Chi-Square test, namely univariate and bivariate analysis. The findings indicated that the majority of students possessed adequate nutritional knowledge and favorable attitudes towards healthy eating habits; however, the study revealed no significant correlation between nutritional knowledge ($p = 0.550$), attitudes ($p = 0.974$), and the consumption of instant food ($p = 0.221$) concerning students' nutritional status. The nutritional status of the majority of pupils was classified as overweight (39.1%), normal (36.8%), and underweight (20.7%). These findings indicate the necessity for extensive educational programs to enhance healthy eating habits and underscore the significance of a balanced diet, particularly among adolescents. This research endorses continuous public health efforts to enhance dietary selections and general well-being among the youth.

Keywords: Attitudes, behaviors, instant food and beverages, knowledge, nutritional status

INTRODUCTION

Instant food and drinks have long been popular among various groups in Indonesia, both in the have consistently enjoyed popularity across diverse demographics in Indonesia, encompassing both the medium and upper economic strata. Individuals find convenience in the availability of instant meals and beverages. Each year, enterprises involved in the production of instant food and beverages expand. According to BPS statistics from the second quarter, the proportion of quick food and beverage enterprises was 2.9% in 2021 and increased to 6.32% in 2022. (Hasibuan et al., 2021). The substantial demand for instant food and beverages is attributed to their benefits; they are regarded as quick, readily accessible, and convenient due to the expedited manufacturing process. Some instant foods and drinks can be consumed immediately, and

they possess an extended shelf life. Nonetheless, there are concerns that these convenience foods and beverages are detrimental to health. A prevalent degenerative disease now emerging in Indonesia is renal failure. Between early 2024 and June 2024, there were 308 reported cases of kidney failure, including those aged 17 years. Ira Purnamasari, a Health Expert at Muhammadiyah University of Surabaya, stated that cases of kidney failure among youngsters in Indonesia are expected to rise in 2024 (Sahal, 2024). Kidney failure is a disorder characterized by diminished renal function in the filtration of metabolic waste. Metabolic waste intended for excretion by the urinary system accumulates in the kidneys, ultimately leading to renal failure over time. Moreover, renal failure is attributed to adolescents frequently ingesting sodium-rich foods, including fast food, canned or packaged items, and sugary beverages like soft drinks, which are classified as convenience foods and drinks.

Excessive use of quick foods and beverages poses significant health risks, particularly for individuals undergoing growth, due to the presence of food additives such as monosodium glutamate (MSG), the sweetener aspartame, and other synthetic compounds (Wahyuni, 2017). The Jakarta Consumer Institute (LKJ) has determined that 9 of 48 food kinds frequently ingested by children contain artificial sweeteners associated with cancer or neurological diseases, namely cyclamate, saccharin, and aspartame.

Presently, a significant advancement in the food sector is the proliferation of companies producing instant food and beverages, which will influence public consumption, particularly among adolescents aged 15 to 18 years. SMK Negeri 3 Wonosari, a culinary program situated in Gunungkidul Regency, Special Region of Yogyakarta Province, predominantly comprises students aged 16 to 18 years, categorizing them as adolescents. Following interviews, grade 12 students in the culinary program at SMKN 3 Wonosari exhibit a tendency to consume instant food and beverages, indicating a preference for purchasing snacks from the canteen rather than bringing their own provisions.

Some students predominantly select quick noodles and soft beverages for their morning and lunch meals. Students, particularly those specializing in culinary arts, have been informed about nutritious meals through Nutritional Science courses in school. However, it remains to be determined whether students possess prior information acquired from the Nutritional Science curriculum about quick food and beverages. The researcher seeks to ascertain the practical applicability of the knowledge acquired by grade XII students specializing in culinary arts at SMKN 3 Wonosari in relation to life or health.

Hidayat's 2020 research revealed that 89% of online food purchasers were students (Hidayat 2020). The study indicated a correlation between the frequency of online food ordering and four incidences among students. Students typically order fast meals online. Between 2017 and 2020, data was acquired from four nationally representative sources in the United States: the National Health Interview Survey (2015–2018), the National Health and Nutrition Examination Survey (NHANES) (2017–2020), the Behavioral Risk Factor Surveillance System (2016–2020), and the Health & Retirement Study (2016). Respondent-assessed health and obesity were chosen as markers of preferred health. An analysis of the dietary quality of overweight and obese people through the examination of disparities in Healthy Eating Index-2015 (HEI-2015) scores, utilizing data from the 2015–2018 National Health and Nutrition Survey. In a study of 6,746 overweight and obese people (aged ≥ 20 years), severe obesity was frequent at 27%, particularly among women, non-Hispanic blacks, and individuals with lower education and income (Zhao & Araki, 2024).

A review of pertinent data indicates that the consumption of instant or fast food has led to an excessive increase in caloric, fat, and sugar intake among youths. Instant meal is characterized by low fiber content and elevated salt levels. The increased consumption of fast food by teenagers correlates with a heightened risk of obesity within this demographic. According to data from the World Health Organization (WHO, 2016), over 1.9 billion adults aged 18 and older are overweight, with 600 million classified as obese. Consequently, it is estimated that approximately 13% of the adult population is obese, comprising 11% of males and 15% of females. In class XII Culinary Arts at SMKN 3 Wonosari, comprising 103 students, 29

students (33.3%) were classified as underweight, 32 students (43.7%) as normal weight, 17 students (19.5%) as overweight, and 3 students (3.4%) as obese. Researchers observed that pupils were underweight and overweight, necessitating further investigation into several factors of rapid food and beverage intake among class XII Culinary Arts students at SMKN 3 Wonosari.

PURPOSE OF THE STUDY

This study seeks to ascertain (1) the nutritional knowledge level of class XII Culinary Arts students; (2) the attitudes of class XII Culinary Arts students towards the consumption of instant food and beverages; (3) the behaviors of class XII Culinary Arts students concerning the consumption of instant food and beverages; (4) the nutritional status of class XII Culinary Arts students; (5) the correlation between the nutritional knowledge of class XII Culinary Arts students and their nutritional status in relation to instant food and beverages; (6) the correlation between attitudes and the nutritional status of class XII Culinary Arts students regarding instant food and beverages; (7) the correlation between behaviors and the nutritional status of class XII Culinary Arts students at SMK Negeri 3 Wonosari concerning instant food and beverages.

METHOD

This study employs a quantitative methodology, utilizing data gathering via knowledge assessments and questionnaires, examined by the Chi-Square test in both univariate and bivariate contexts. This research was carried out from November 2023 to June 2024 at SMK Negeri 3 Wonosari. Knowledge assessments and surveys were administered directly to the class XII Culinary Arts students of SMK Negeri 3 Wonosari.

Participants

The study population comprised 103 class XII Culinary Arts students at SMK Negeri 3 Wonosari. This study employed Simple Random Sampling to guarantee that every member of the population had an equal opportunity of selection. The sample for this study was established using the Isaac and Michael table at a significance level of 1%, resulting in 87 class XII Culinary Arts students from SMK Negeri 3 Wonosari.

The questionnaire was administered individually to the Culinary Arts students of class XII at SMK Negeri 3 Wonosari. Each student was provided the questionnaire immediately and instructed to complete it under the researcher's supervision to ensure comprehension and precision of the responses. This also enables the researcher to offer clarification if there are inquiries that the students do not comprehend.

Data Collection and Analysis

The data collection process was conducted in multiple phases. The researcher informed the students about the study's objective and significance to ensure genuine and candid participation. Subsequently, questionnaires and knowledge assessments were administered to students randomly, in accordance with the established Simple Random Sampling method. Data were obtained directly from students as the primary source.

The knowledge assessment employed the Guttman scale to evaluate students' understanding of nutrition. The questionnaire employed the Likert scale to assess students' attitudes and behaviors about the consumption of quick foods and beverages. Observations were undertaken to comprehend the context and surroundings that influenced students' dietary habits.

During data collection, various challenges encountered included students' difficulty in comprehending certain questionnaire items and the potential for social bias in responding to sensitive topics.

To address this issue, the researcher was present during the completion of the questionnaire to offer clarifications and confirm that students comprehended each item accurately.

Objectivity was preserved by administering the questionnaires under uniform conditions and free from external influence. Furthermore, the researcher employed a basic random sampling method to mitigate selection bias and guarantee sample representativeness.

This study employed univariate and bivariate analysis approaches for data analysis. Univariate analysis was employed to delineate the frequency distribution and proportion of each variable, encompassing independent variables (nutritional knowledge, consumption behavior, and attitudes towards instant food and beverages) and the dependent variable (nutritional status), which were displayed in tabular format. Simultaneously, bivariate analysis was performed to illustrate the correlation between independent and dependent variables, investigating the relationship between the two variables. Researchers employed various ways to mitigate potential bias. The study instrument was evaluated for validity and reliability prior to its application. Validity was assessed by comparing the coefficient of determination (r count) with the r table value, whilst reliability was evaluated using Cronbach's Alpha. The test findings indicated that the instrument employed was both valid and trustworthy. The validity of the instrument items is deemed satisfied if the coefficient of determination (r count) is greater than or equal to the table coefficient (r table) at a significance level of $\alpha = 5\%$. The coefficient of determination for this sample is 0.349. According to the validity test results, all statement items, with the exception of B18, exhibited a computed r value exceeding the r table, which ranged from 0.507 to 0.809. B18, however, recorded a value of 0.571, which is below 0.349, hence it was deemed invalid. Consequently, the evaluated instrument satisfies the overall validity criteria, with the exception of item B18, which is deemed invalid, and is suitable for subsequent research.

This study employed the Cronbach Alpha formula for the reliability test, establishing a minimum reliability threshold of >0.70 . A Cronbach Alpha score exceeding 0.70 indicates reliability. The outcomes of the reliability assessment are presented in Table 1. According to Table 1, the Cronbach's alpha value is 0.747, exceeding the r table value of 0.349, thus indicating that the data is credible.

Table 1. Results of the Reliability Test

Alpha Cronbach	N of Item
0.747	26

FINDINGS

The findings of this study reveal that despite possessing substantial nutritional knowledge and favorable attitudes towards healthy food, the consumption of quick food remains elevated and does not significantly impact their nutritional status. This indicates that information and attitudes alone are insufficient to alter food behavior. The results are delineated according to univariate and bivariate analysis.

Univariate Analysis

This analysis was conducted to investigate the frequency distribution of each variable's data, which was assessed using direct measurement. Subsequently, an analytical test was performed using SPSS, yielding the following Table 2. The respondents' nutritional knowledge was categorized into two classifications: proficient and deficient, with a threshold of 80 denoting proficiency. A score below 80 was deemed unsatisfactory. According to the findings, 44 of the 87 responders (50.6%) have adequate nutritional knowledge. This indicates that fifty percent of the population possesses a sufficient comprehension of nutrition, which is essential for informed dietary choices.

Table 2. Univariate Analysis of Nutritional Acumen

Interval	Category	Frequency	Percentage (%)
Knowledge > 80	Good	44	50.60%
Knowledge < 80	Not good	43	49.40%
Total		87	100%

According to Table 3, the majority of students exhibited a favorable disposition towards rapid food intake, with 68 students (78.2%) indicating their agreement. This perspective indicates that despite possessing adequate nutritional knowledge, students still perceive rapid food favorably, likely due to its ease and convenience.

Table 3. Univariate Analysis of Attitudes

Category	Frequency	Percentage (%)
Strongly Disagree	0	0%
Disagree	2	2.30%
Agree	68	78.20%
Strongly Agree	17	19.50%
Total	87	100%

Table 4. Univariate Analysis of Actions

Category	Frequency	Percentage (%)
Never	0	0%
Once a Year	1	1.10%
Once a Month	31	35.60%
Once a Week	46	52.90%
<3 Times a Day	8	9.20%
3 Times a Day	1	1.10%
Total	87	100%

According to Table 4, the frequency of instant food and beverage consumption is classified into six categories: three times a day, less than three times a day, once a week, once a month, once a year, and never consuming. The predominant frequency of instant food consumption is weekly, with 46 students (52.9%) indicating this level of consumption. This suggests a relatively elevated consumption pattern, potentially affected by social behaviors and the accessibility of convenience meals.

Table 5. Univariate Analysis of Nutritional Status

Category	Frequency	Percentage (%)
Normal	32	36.80%
Overweight	34	39.10%
Obesity	3	3.40%
Underweight	18	20.70%
Total	87	100%

Table 5 indicates that the majority exhibit adequate (normal) nutritional status; yet, there are students with inadequate nutritional status. The number of respondents in the normal and overweight categories was similar, with 32 respondents (36.8%) in the normal group and 34 respondents (39.1%) in the overweight category. This indicates that despite possessing adequate nutritional knowledge, patterns of quick food consumption might lead to suboptimal nutritional status.

Bivariate Analysis

This study is necessary to demonstrate the correlation between the dependent and independent variables. The study of the variables involves assessing the correlation between the two variables. The outcomes of the test are in Table 6.

Table 6. Correlation between Knowledge and Nutritional Status

Knowlede	Category				Total	Sig (p)
	1.00	2.00	3.00	4.00		
0.00	22	27	3	14	66	0.550
1.00	10	7	0	4	21	
Total	32	34	3	18	87	

The findings of the chi-square correlation test in Table 6 indicate a p-value of 0.550, which above 0.05, so leading to the acceptance of Ho. If the null hypothesis is accepted, it can be inferred that there is no substantial correlation between nutritional knowledge and nutritional status. Chi-square analysis indicates no significant correlation between nutritional awareness and students' nutritional state (p-value = 0.550). This indicates that despite students possessing substantial knowledge, it is insufficient to influence their nutritional state. Additional factors, like dietary practices and social context, may exert greater influence.

Table 7. Correlation between Attitudes and Nutritional Status

Attitude	Category				Total	Sig (p)
	1.00	2.00	3.00	4.00		
0.00	17	19	2	10	48	0.974
1.00	15	15	1	8	39	
Total	32	34	3	18	87	

The chi-square correlation test results in Table 7 indicate a p-value of 0.974, which exceeds 0.05, hence leading to the acceptance of Ho. If the null hypothesis is accepted, it can be inferred that there is no significant correlation between attitudes towards and intake of quick food and beverages and nutritional status. A favorable disposition towards convenience food does not necessarily imply that pupils will exhibit inadequate nutritional status, suggesting that attitudes do not always translate into behaviors.

Table 8. Correlation of Actions to Nutritional Status

Actions	Category				Total	Sig (p)
	1.00	2.00	3.00	4.00		
0.00	18	16	0	11	45	0.221
1.00	14	18	3	7	42	
Total	32	34	3	18	87	

Table 8 indicates that no significant correlation exists between the consumption of quick meals and nutritional status (p-value = 0.221). This indicates that while the use of quick food is prevalent among students, factors like physical activity and total diet may play a more significant role in determining their nutritional condition.

DISCUSSIONS

The discussion highlights the multifaceted relationship between students' nutritional knowledge, attitudes, behaviors, and their nutritional status. Despite the majority of Grade XII Culinary Arts students at SMKN 3 Wonosari demonstrating proficient nutritional knowledge, this awareness does not consistently translate into healthier eating habits, as evidenced by the frequent consumption of instant foods. Their neutral to positive attitudes toward instant food, shaped by convenience, peer influence, and immediate gratification, further contribute to this paradox. While 39.1% of students are classified as overweight, the

findings reveal no significant correlations between nutritional knowledge, attitudes, or consumption behaviors and students' nutritional status, emphasizing the role of external factors such as food accessibility, cost, and social norms. These insights underscore the need for holistic interventions that integrate education, environmental changes, and behavioral strategies to foster long-term improvements in nutritional health.

Students' Nutrition Knowledge

According to data derived from a nutrition knowledge assessment administered to 87 class XII Culinary Arts students at SMK Negeri 3 Wonosari, the findings indicated that 44 students (50.6%) possessed proficient nutrition knowledge, attributed to their prior instruction in nutrition science during class XI, resulting in a substantial understanding of nutritional concepts among the respondents. Students understand the definitions, classifications, content, effects, roles of supplementary components, categories of product knowledge, and calculations of nutrient content in instant food and beverage items. Prior research indicates that comprehensive nutrition knowledge does not consistently correlate with healthy eating behaviors, particularly when external factors like peer influence and food accessibility are involved (Baker & Friel, 2014; Xu et al., 2022). This signifies the necessity for a more holistic approach to nutrition education that emphasizes both information acquisition and behavioral modification.

Attitudes Towards Instant Food Consumption

The findings from a Likert scale questionnaire administered to 87 students in class XII Culinary Arts at SMK Negeri 3 Wonosari indicate that respondents exhibited a favorable disposition towards decision-making, particularly in the selection of food and beverages. The findings indicated that participants could assess attitudes of interest, offer reactions, articulate remarks, exert influence, extend invitations, and embrace risks associated with the consumption of quick food and beverages.

Students exhibit a neutral to positive attitude towards instant meals, while possessing sound nutritional understanding. Research (Afifah, 2017) on Planned Behavior indicates that attitudes are shaped by perceptions regarding the advantages and repercussions of deviant behavior in adolescents. Students may perceive instant food as convenient and flavorful, despite their awareness of its long-term health consequences. Individual experience, the impact of significant others, the effect of culture, mass media, and educational systems. Harahap's (2020) research findings indicated a significant correlation between media knowledge, attitudes, and fast food selection. The Immediate Gratification Theory (Arikunto, 2017) elucidates students' propensity to opt for immediate rewards despite associated health hazards. To alter this mindset, efforts such as health campaigns highlighting the immediate advantages of nutritious foods and regulating the accessibility and pricing of convenience foods are necessary. The study's findings indicated that students possess favorable attitudes towards quick foods, despite their awareness of the associated adverse effects. This disposition is shaped by multiple elements, encompassing individual experiences and social effects from peers (Wang et al., 2015; Asakura et al., 2021). Afifah's (2017) research indicated that perceptions of the immediate advantages of quick foods frequently surpass recognition of their long-term health hazards. Consequently, more focused interventions, such as health campaigns highlighting the advantages of nutritious diets, are necessary to alter this mindset (Collado-Soler et al., 2023).

Behaviors of Grade XII Culinary Arts Students at SMKN 3 Wonosari Regarding the Consumption of Instant Food and Beverages

According to data derived from research utilizing the Food Frequency Questionnaire (FFQ), which assessed the consumption frequencies of 33 varieties of instant foods and beverages among 87 grade XII

Culinary Arts students at SMK Negeri 3 Wonosari, findings indicate that despite possessing substantial knowledge regarding nutrition and the adverse effects of instant food, the students exhibit a pronounced consumption pattern. Approximately 46 pupils (52.9%) partake in instant food intake at least weekly, highlighting a disparity between awareness and actual consumption behaviors.

Despite possessing substantial knowledge regarding nutrition, the prevalence of instant food intake is elevated, with 46 pupils (52.9%) partaking in instant food at least once weekly. This signifies a disparity between knowledge and consuming behaviors. The Theory of Planned Behavior (TPB) posits that behaviors are shaped by attitudes, subjective standards, and perceived behavioral control (Whitehead & Seaton, 2016). In this environment, social norms favoring rapid food consumption and limitations on access to nutritious food are critical determinants in students' choices to consume instant food (Wang et al., 2015).

According to Nasrudin's (2016) Theory of Planned Behavior (TPB), students' behaviors are shaped by their attitudes, subjective standards, and perceived behavioral control. Despite students recognizing the significance of nutritious meals, peer social norms favoring convenience foods and limitations such as accessibility and cost of healthy options affect their choices. Kurdanti (2014) asserted that peer social influence is also significant. The Immediate Gratification Theory posits that the allure of rapid gratification from fast food surpasses the long-term advantages of nutritious meals. To alter this behavior, it is essential to implement nutrition education, environmental modifications, and campaigns that emphasize the advantages of nutritious diet.

Nutritional Status of Grade XII Culinary Arts Students at SMKN 3 Wonosari

The nutritional status of students is determined by the interplay of their knowledge, attitudes, and behaviors about food consumption. The survey revealed that 34 pupils (39.1%) were classified as overweight, whereas 32 students (36.8%) were deemed to have a normal nutritional status. This data indicates that while the majority of students possess a solid understanding of nutrition, the practice of consuming calorie-dense, nutrient-poor quick foods may adversely impact their nutritional health. Suswanti's (2013) Nutrition Transition Theory posits that the rise in fast food consumption and a decline in worldwide physical activity have contributed to the escalation of overweight and obesity, particularly among adolescents. Studies indicate that heightened fast food consumption and reduced physical exercise elevate the incidence of obesity in teenagers (Wakwoya, 2023).

The calorically dense and nutritionally deficient food observed among students at SMKN 3 Wonosari increases the risk of obesity. Furthermore, 20.7% of students are classified as underweight, potentially because to insufficient food consumption. The Energy Imbalance Theory proposed by Ubro (2014) posits that hunger is associated with a discrepancy between energy consumption and expenditure. Interventions include nutrition education, enhanced access to nutritious foods, and the promotion of physical activity are essential for improving students' nutritional status (Martyniuk et al., 2016).

Correlation between Knowledge and Nutritional Status

The chi-square test yielded a p value of 0.550, beyond 0.05, signifying an absence of a meaningful association between students' awareness of quick food and beverages and their nutritional status. This indicates that despite students' awareness of nutrition and the hazards associated with quick food, this awareness does not substantially influence their nutritional status (Widhalm et al., 2018). Understanding nutrition, while significant, is insufficient to alter an individual's dietary habits without the reinforcement of desire and additional external influences (Setyawan, 2018). At SMKN 3 Wonosari, despite pupils possessing knowledge regarding nutrition and the hazards of quick food, this awareness does not substantially correlate with their nutritional state. The chi-square test yielded a p value of 0.550, indicating an absence of a

meaningful association between students' knowledge and their nutritional state. This finding aligns with the research conducted by Siregar et al. (2023), which also indicated that nutritional awareness did not have a substantial impact on nutritional status. Additional factors, including cost, accessibility, and consumption patterns, may exert greater influence (Zerfu & Biadgilign, 2018; Myszkowska-Ryciak & Harton, 2018).

Correlation between Attitude and Nutritional Status

Moreover, the correlation between students' views towards the use of quick food and beverages and their nutritional state yielded analogous findings. The statistical test yielded a p value of 0.974, beyond 0.05, which signifies an absence of a significant correlation between students' attitudes towards quick food and their nutritional state. The results demonstrate that despite students' negative opinions towards rapid food intake, their nutritional health remains unaffected. Students' negative opinions towards instant meals do not consistently influence their consumption behavior. Notoatmodjo (2010) posits that attitudes stem from beliefs and emotions, yet do not invariably translate into behaviors. Kotler & Keller (2016) shown that product beliefs can affect attitudes; however, external factors like price and accessibility exert a greater influence. Hanum et al. (2022) discovered that adverse sentiments towards fast food did not alter consumption patterns. At SMKN 3 Wonosari, despite the presence of negative views, environmental factors and social habits exert a greater influence on consumption behavior, resulting in no significant correlation between attitudes and students' nutritional status.

Correlation Between Actions and Nutritional Status

Notoatmodjo (2014) asserts that behaviors are indicative of attitudes and knowledge, yet are shaped by external influences, including the social environment. Despite possessing adequate knowledge and attitudes regarding the hazards of quick food, pupils at SMKN 3 Wonosari continue to consume it due to habitual behavior and convenient accessibility. Research conducted by Kholyfah et al. (2023) indicates that fast food consumption does not consistently correlate with nutritional status. At SMKN 3 Wonosari, the consumption of quick meals did not exhibit a significant correlation with students' nutritional status ($p = 0.221$), highlighting the necessity for more comprehensive interventions to impact nutritional status.

CONCLUSION

The data analysis results indicate that the nutritional knowledge of class XII Culinary Arts students is categorized as good, with a knowledge level of 50.6%. The class XII Culinary Arts students exhibit a favorable disposition towards the consumption of instant food and beverages, with 78.2% of students indicating agreement. Furthermore, the frequency of consumption is notably high, as 52.9% of students report consuming instant food and drinks once a week. The nutritional status of class XII Culinary Arts students predominantly falls within the overweight group at 39.1%, while 36.8% exhibit normal nutritional status and 20.7% are classified as underweight. No substantial correlation exists between knowledge and nutritional status for the consumption of instant food and beverages, as students' nutritional knowledge does not directly influence their daily dietary selections ($p = 0.550$). No substantial correlation exists between attitudes towards nutritional status, since the social environment and familial behaviors affect the manifestation of students' attitudes ($p = 0.974$). No substantial correlation exists between actions and nutritional status, while other factors including total diet and physical activity have a greater influence on pupils' nutritional status ($p = 0.221$). This study yields various recommendations for schools and parents. Initially, school policies must be revised to enhance the availability of nutritious foods, including the provision of additional healthy selections in school cafeterias. Nutrition education programs for parents and

students should be enhanced to increase knowledge of the significance of healthy eating habits. Third, advertising highlighting the enduring advantages of nutritious foods and the health hazards associated with processed foods must be executed sustainably (Nor et al., 2019; Antwi et al., 2020). Consequently, a comprehensive and cohesive strategy can assist in addressing the obstacles encountered in modifying food habits among adolescents.

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