



INTRODUCTION



Eating three square meals a day which is an important way to stay healthy has been neglected nowadays because people are always in a hurry especially university students. They tend to eat instant and fast food which can be prepared easily in a short time. This make their diets consist of a lot of unhealthy food but less balanced meals.

Therefore, a variety of balanced meals need to be provided in university campus apart from what being sold in the cafeterias. One of the effective ways is by having food trucks in the university campus which sell healthy dishes that can meet students' appetites as well as their daily nutrient requirements. Besides, we use the significant role of fast food in saving time as our intervention by encouraging students to eat healthy fast food from subway



HEALTHY FAST FOOD

As intervention to oily fried food provided by most of the fast food restaurants Subway provide us with fryless food that is surely less in cholesterol compared to fried food. If fast food usually contain less vegetable and the amount is usually fixed, here in subway you can choose your own vegetables and can request to have them extra if you want to. This allow us to increase our fibre intake even when we eat fast food.

Subway also offers a separate menu of items that contain 6 g or less of fat. This menu consists of salads with calorie counts between 50 and 140 without dressing. Most of Subway's healthiest items are from their Fresh Fit menu. These items are low in calories and fat, and high in protein. Most have earned Heart Check Certification status from the American Heart Association (AHA). This means the meal is certified to meet the AHA's nutritional requirements as a heart-healthy option. According to Subway's website, they're the first fast food restaurant to earn Heart Check Certification.



METHODS

For the research on intervention of unhealthy eating ,we choose to use a few methods of investigation such as:

- conducting a survey

We designed and distributed a google form to university of Malaya students to get more accurate data regarding their eating habit and the food options offered in UM

- internet search

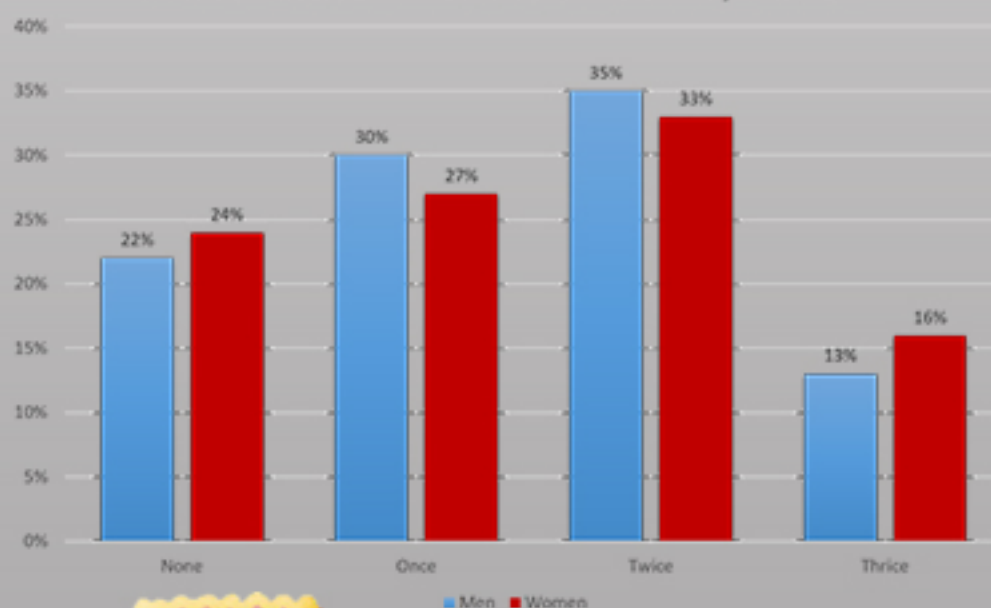
We find more information about the food provided at the university campus and use them to increase the understanding of healthy and unhealthy eating.

- interview

We interviewed UM students to listen to their opinions on how healthy the food provided in the University campus is and their suggestion on how to improve them.

RESULTS

Number of Balanced Meals Consumed By Students



INTERVENTION OF HEALTHY EATING IN UNIVERSITY CAMPUS

prepared by:



FOOD TRUCK

Food trucks have become so popular nowadays that they are even allowed to run their business in university campus. They are like restaurants on wheels as they can go directly to the customers, rather than making the customers come to them. This mode of operation has provides convenience to students.

Food trucks also provide students with clean food due to proper food management practised by the sellers. They use clean utensils, wear gloves while handling the food and changing them frequently in order to avoid food contamination. This shows that they do follow the Food Hygiene Regulations 2009, a section under Food Act 1983 which is implemented in our country to control the hygiene and safety of food.

Besides, food trucks have good food specialization as they only sell one or two types of dishes. Eventhough there may be fewer options available at one food truck but the dishes that are offered are sure to be the best around because they have more time to spend on preparing the dishes. Hence, different food trucks will offer different menu which in turn provide students with a wide range of healthy food options.

CONCLUSION

In conclusion eating healthily is very important to prevent and control health problems. Besides, it is important to provide the necessary nutrients that your body needs to create new cells, clean toxins, and to just function every day. Eating healthy now can help prevent future diseases such as diabetes and cancer.

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