

**한국 여 중고생들의 식품섭취, 식품에 대한 태도 및 일반 환경 요인  
사이의 관련성 연구**

김경은\*, Rosalie J. Amos. 미국 아이오아주립대학교 가족소비자교육학과

**Relationships among Korean female adolescents' food intake, food attitudes, and demographic factors**

Kyeong Eun Kim\*, Rosalie J. Amos, Department of Family and Consumer Sciences Education and Studies, Iowa State University, Ames, Iowa, U.S.A.

A survey was conducted on 285 Korean female students attending a secondary school in Seoul in an attempt to examine the relationships among food intake, food attitudes, and demographic factors. Food intake was assessed using a food frequency instrument based on the Korean Food Tower which consists of five food groups, i.e., grain products, vegetables and fruits, meat, milk, and fats and sweets. The food attitude instrument consisted of 22 items that were categorized into five factors with items about conscious choice of food, health concerns, economics and time influence, interest in foods, and foods that energize in regard to each of the five food groups. Ten items were used to obtain demographic information about the respondents: age, father's education level, mother's education level, mother's employment situation, parents' income level, number of family members living together, health status, dental condition, body weight, and height. The instruments were administered to the students during their home economics class hours. Data were analyzed by using the SPSS program. Relationships were estimated to be significant based on a significance level of  $p < .01$ . Four of the total 25 relationships between food intake (five groups) and food attitudes (five factors) were estimated to be significant. The effect of the demographic factors on food intake was detected only in income. Income level was positively correlated with intake of the meat, milk, and fat and sweet groups ( $p < .01$ ). Food attitudes were also found to be affected by some of the demographic factors such as grade level, income, and health status ( $p < .01$ ).♣