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**The study of dietary habits and dietary attitudes by
teenager in Jeonnam province**

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This research surveyed the **dietary habits and dietary attitudes** of 362 teenagers (161 boys and 201 girls) in some farming and fishing regions of **Jeonnam** from Sept. 23rd to Oct. 21st 2004. The results of the survey are summarized as follows: The most desirable dietary habit was that both boys and girls never skip their lunch. Meanwhile, the bad dietary habit was that boys eat too fast and girls have too much snacks. Boys ate faster than girls($p<0.01$), while girls skipped dinner more frequently than boys($p<0.01$). In general, boys had more desirable dietary habits than girls. Both boys and girls had an unbalanced diet since 'tasteless food'. They both skipped breakfast since first, 'insufficiency of time' and second, 'have no appetite'. Boys skipped lunch since they had 'no appetite' and they thought 'it is troublesome'. Girls skipped lunch since they had 'no preferable'. Boys skipped dinner since first, 'it is troublesome' and second, 'have no appetite' while girls skipped dinner since first, 'it is troublesome' and second 'weight loss'. Girls and boys had meals irregularly because of 'insufficiency of time' in the morning, and they thought lunch and dinner were 'troublesome'. In terms of dietary attitudes, boys had more desirable attitude than girls in that they 'choose nutritious food ($p<0.01$)', 'enjoy healthy food more than favorite food ($p<0.001$)', 'think about Basic Food Group when having something ($p<0.01$)' while girls had more desirable attitude than boys in that they 'only have favorite food ($p<0.01$)'. In general, boys had more desirable dietary attitudes than girls.