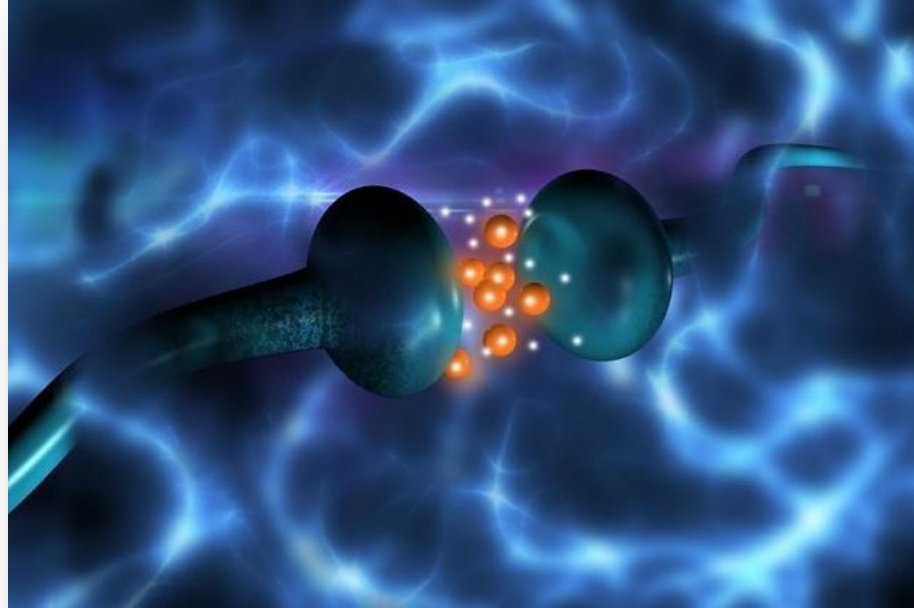




Academic Performance & Food Intake

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Because What We Eat, Directly Influences Our Brains ..

Outline

- Introduction
- Objective
- Methods
- Results
- Conclusion

Introduction

What is cognitive performance?

It is Our ability to utilize the knowledge acquired by mental processes in our brains.



Cognition & Nutrition

- ▶ Diet, exercise and other aspects of our daily interaction with the environment have the potential to alter our brain health and mental function



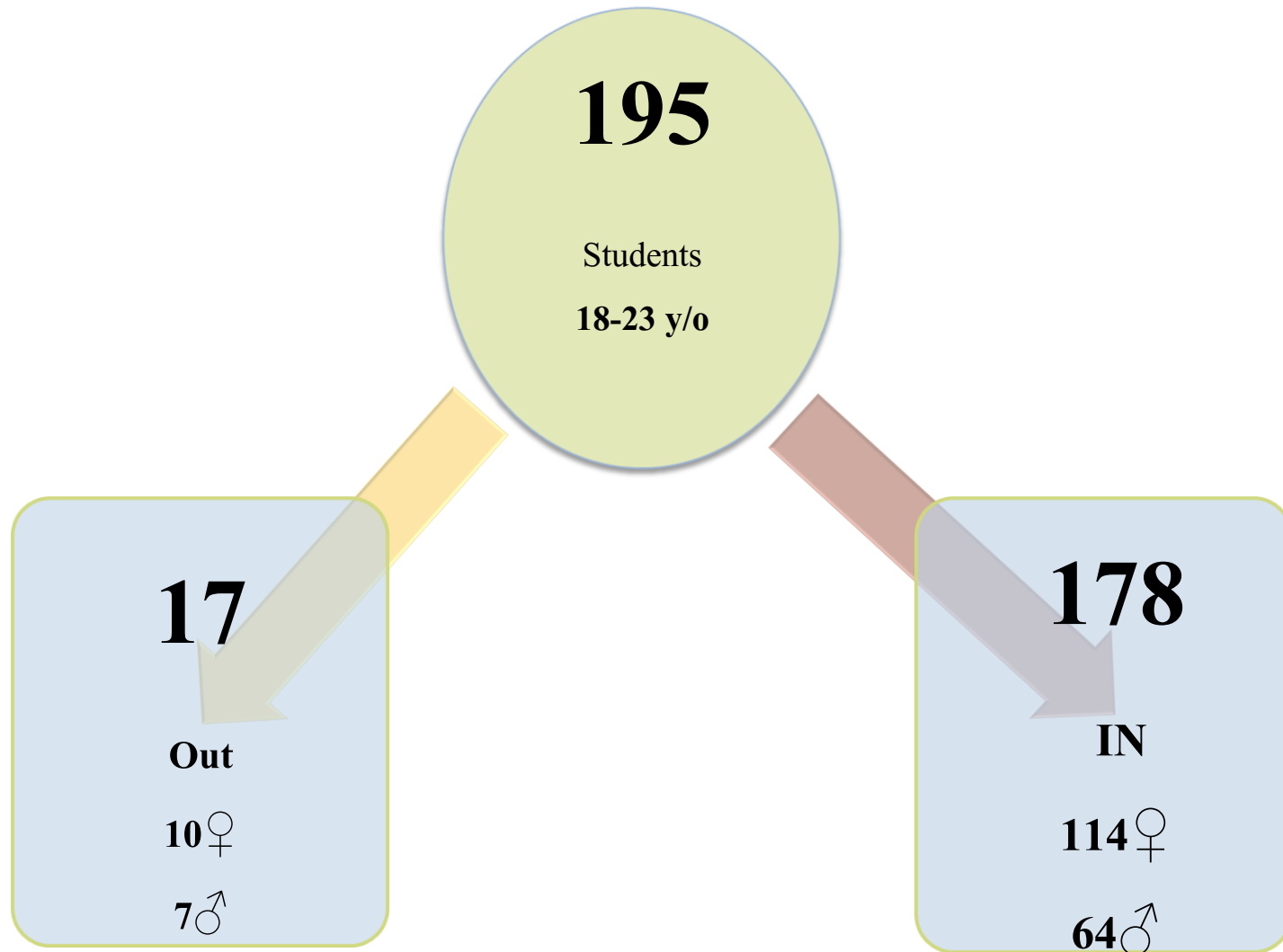
-
- Diet can affect multiple brain processes by :
 - ✓ Regulating neurotransmitter pathways
 - ✓ Synaptic transmission
 - ✓ Membrane fluidity and signal-transduction pathways

Objective:

To explore associations between academic performance and food intake at An Najah university students



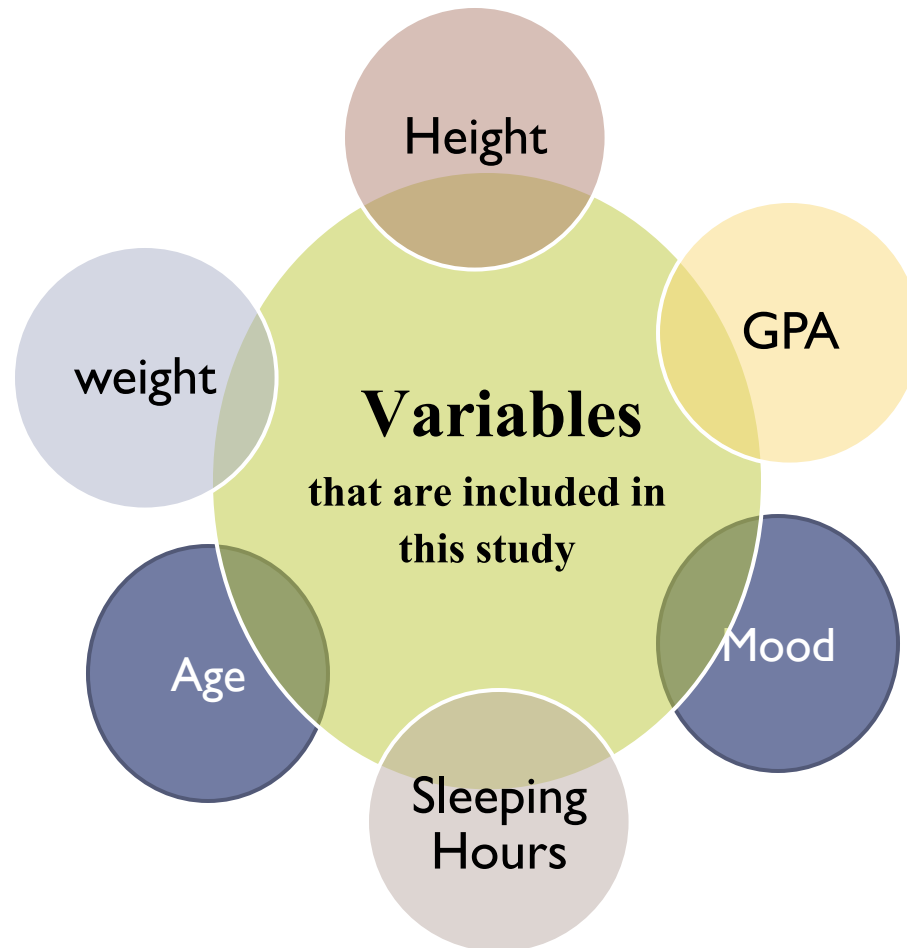
Material & Methods



Methods

- ▶ Food items that included in food frequency questionnaire:
- ▶ Rice, Bread , Fruit, Vegetables , Milk , Yogurt, Meat ,Chicken, Fish, Raw nuts
- ▶ Canned Food , Tuna in Oil , Roasted Nuts
- ▶ soft drinks ,processed juice, chips , hotdogs

Methods



Results

- ▶ Using SPSS program for Data collection and analysis
- ▶ Independent sample T Test & One Way ANOVA Test

Mood & GPA

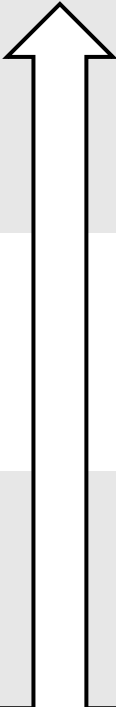
Does your mood effect on your study?	N	Mean
No	15	2.20
Yes	117	2.03

Milk & GPA

Frequency	N	Mean
Never or Once a month	91	1.87
One or two/ week	38	2.18
Once or more/Day	49	2.29

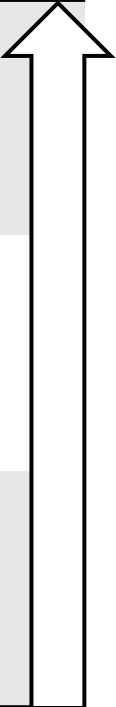
GPA & Processed Juice

Frequency	N	Mean
Never or Once a month	45	2.20
One or two/ week	64	2.22
Once or more/Day	69	1.80



Roasted Nuts & GPA

Frequency	N	Mean
Never or Once a month	41	2.29
One or two/ week	99	2.01
Once or more/Day	38	1.89

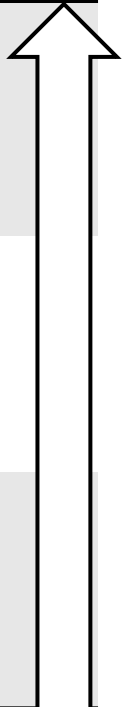


Tuna In Oil & GPA

Frequency	N	Mean
Never or Once a month	95	1.94
One or two/ week	62	2.26
Once or more/Day	21	1.95

Chips & GPA

Frequency	N	Mean
Never or Once a month	32	2.34
One or two/ week	76	2.00
Once or more/Day	70	1.97



Conclusion

- ▶ In my sample, higher consumption of Milk was associated with Higher GPA
- ▶ Consume two or more per week of Tuna in oil was associated with highest GPA
- ▶ Higher consumption of Roasted Nuts ,Processed Juice & chips was associated with lower GPA.
- ▶ Moody students have lower GPA



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