

# Food Literacy Abilities of Bezmialem Vakif University Faculty of Medicine Students

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## INTRODUCTION

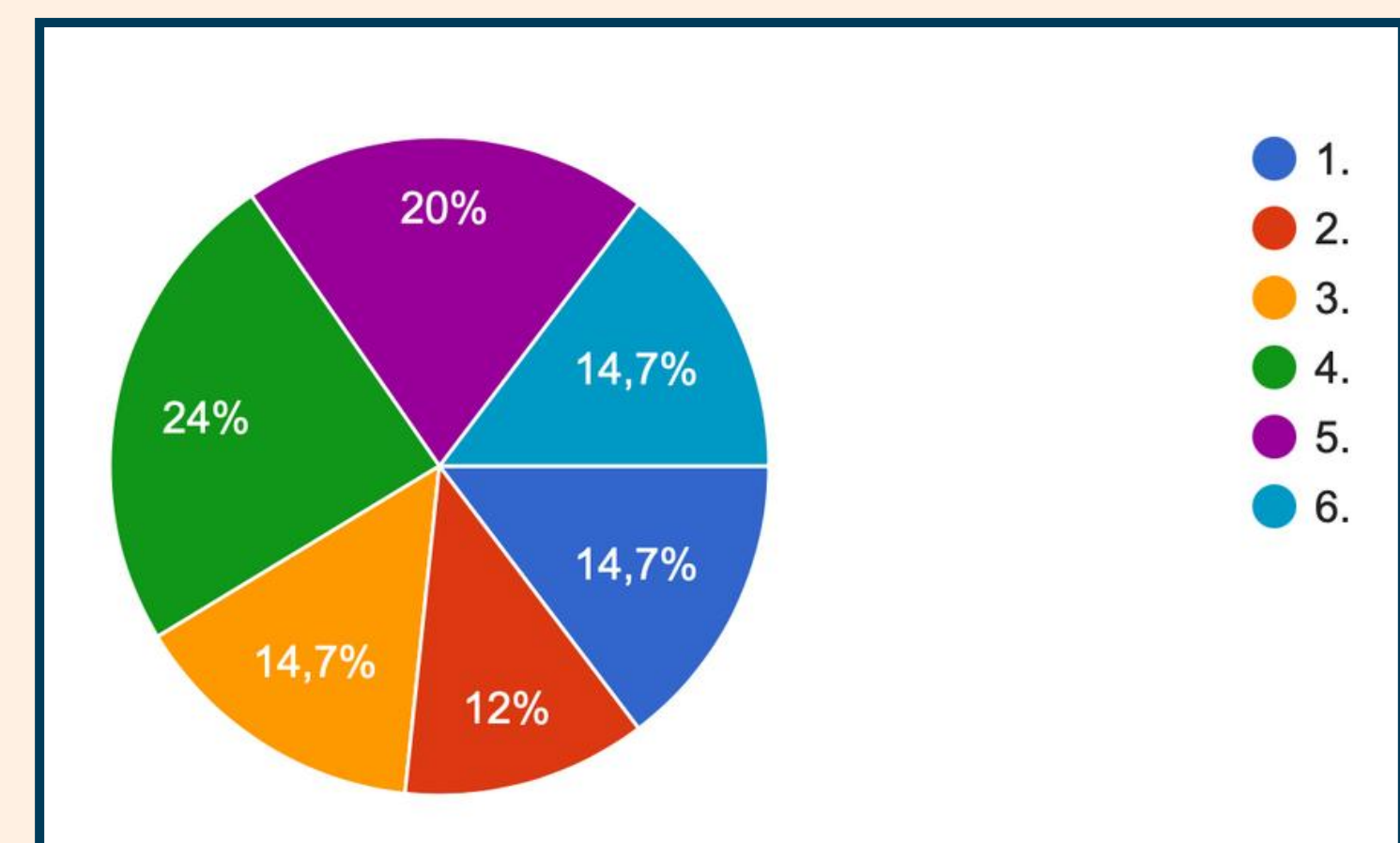
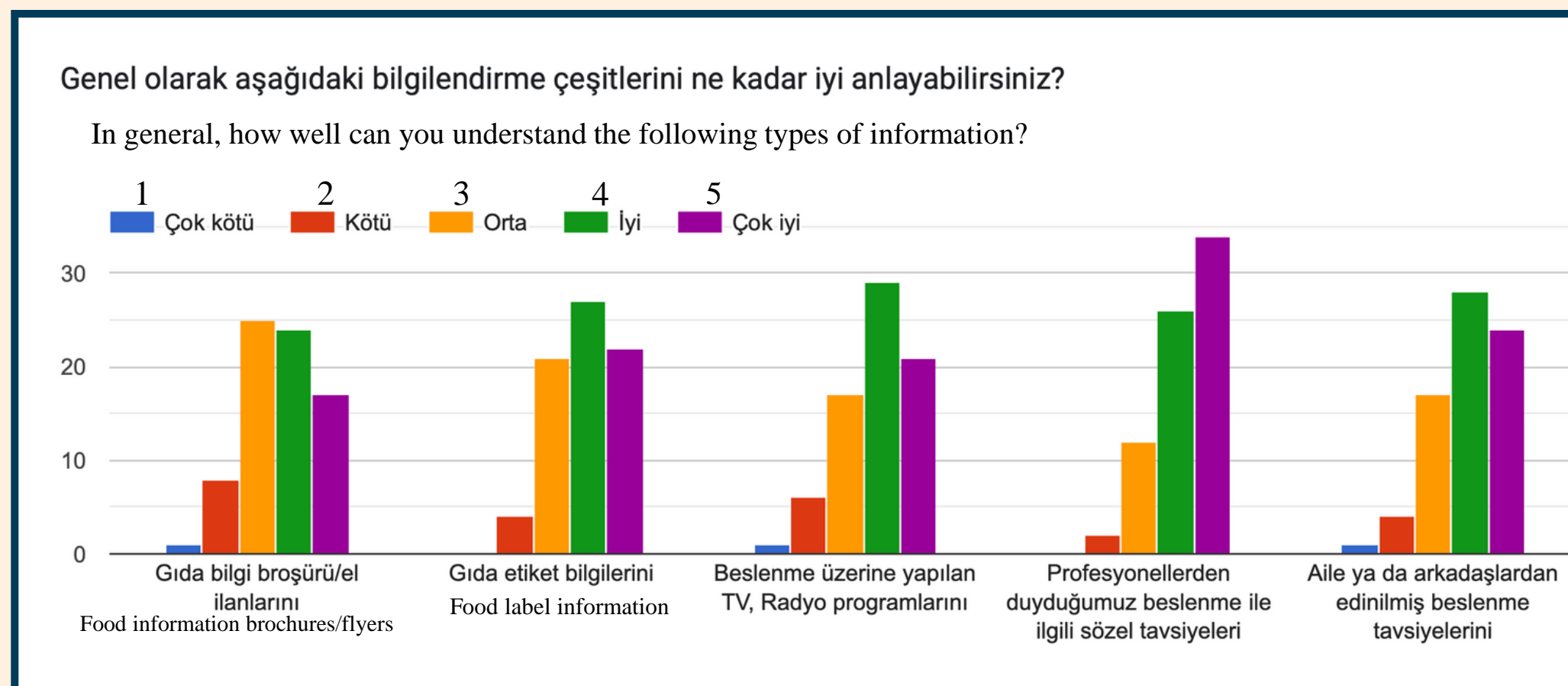
Food literacy involves the knowledge, skills, and behaviors necessary to access, analyze, and use nutrition-related information to make healthy choices. It also includes understanding the impact of nutrition on health. Factors such as education, traditions, income, and nutritional knowledge influence eating habits and awareness. This study aims to evaluate the food literacy levels of medical students at Bezmialem Vakif University, focusing on their awareness of the foods they consume and the resources they use for healthy eating research.

## METHODS

The Food Literacy Scale (SFLQ-tr), consisting of 12 questions, was used to assess the food literacy of medical students in the 2024-2025 academic year. The survey was conducted online via Google Forms and included students from the 1st to the 6th year of study. To achieve 80% power at a 95% confidence level, with a standard deviation of 9, a minimum sample size of 70 participants was calculated.

## RESULTS

A total of 71 students completed the survey. Scores ranged from 1 to 5 points per item, with a maximum possible score of 80. Higher scores indicated greater food literacy. The average score for male students was  $54.95 \pm 9.82$  (N=21), while females scored  $56.78 \pm 8.83$  (N=50). No significant relationship was found between gender and food literacy scores ( $p=0.427$ ). When comparing grades, 6th-year students had the highest average score (63.4), and 5th-year students the lowest (53.07). However, no significant differences were observed across grade levels ( $p=0.759$ ).



## CONCLUSION

The results showed that students were, on average, 75.9% conscious about food literacy. There was no significant relationship between food literacy skills and gender or grade level, suggesting that these factors do not play a major role in students' understanding of food-related knowledge. This finding highlights the need to explore other potential influences on food literacy, such as family environment, cultural background, or access to nutrition education. Additionally, incorporating food literacy programs into school curricula could further enhance students' ability to make informed and healthy dietary choices. Future studies may also consider examining the long-term impact of food literacy on students' health behaviors and lifestyle habits.

## REFERENCES

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