Identifying food-related challenges and solutions for students and young people

Macrosystem => Parental Influences: The macrosystem can determine what food is available and socially acceptable for parents to give their children and thus can establish what is okay to eat for students.

Parental Influence

The norms and perceptions parents' have instilled as an appropriate reference of what foods to eat. Parents can also establish norms for eating behaviour and patterns.

Macrosystem

consists of influences from the media, social norms, food production and distribution systems, food accessibility and availability. Macrosystem => Stress: found that students will snack more during exam periods, and may consume more ultra-processed foods due to lack of sleep and exercise. This can mean lower energy levels and a want to substitute this with ultra-processed foods and snacks which are being advertised by social media and other media outlets.

Macrosystem => Time: Media promoting ultra-processed foods that are more convenient and take less time to make. This can make ultra-processed food more appealing to students due to their lack of time.

Macrosystem => Financial Income:

which can be more appealing for

students that have a lower financial

Media promoting foods that are cheaper,

Financial Income => Stress: Working to substitute the shortcomings of student loans (rent, bills, social events) can put more pressure on academics which may lead to more stress and fatigue, and a change in eating patterns to fulfil energy needs.

Stress

thing to do.

can be linked to changing academic and social pressures and how this changes eating patterns and behaviours over the course of the term. Parental Influences => Time: Students may or may not have learnt sufficient ways to plan, organise, prepare meals and clean up afterward around short time frames. Secondly, parents may not have helped students develop food agency, or "one's ability to adapt their cooking practice and overcome challenges such as limited time and money, and imperfect physical environment".

Space

suitable kitchen and storage space for cooking, eating and storing a sufficient food shop.

Financial Income => Space: Students may not be able to afford a kitchen space with convenient storage for food (spacious fridge and freezer, cupboard space, and stove space). This could impact food shop choices, such as potentially buying more foods with a longer shelf-life and less fresh fruits and vegetables.

income.

Financial Income

students' income from student loans, family help, or employment Stress => Time: stress with academic studies can infer less time to cook balanced meals, go food shopping, meal-prep or clean up after.

Parental Influences => Stress: Students

may not have been role-modelled how to

eat during stressful periods and that eating balanced meals can be the best

Time

having the time to plan, organise, prepare meals and clean up afterward within academic pressures and a social life.

ultra-processed option.