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qualitatively saturated with harmful microorganisms, chemicals and other substances) leads to very adverse health consequences and even to obtaining severe acute and chronic diseases of alimentary nature [2, p 66]. Proper nutrition ensures normal growth and development of the body, determines the mental and physical development, provides optimal functioning of all organs and systems, forms immunity and adaptive reserves of the organism [7].

To investigate the presence/absence of digestive disorders, we offered the students to answer the question of violation of normal alimentary processes, adherence to diet. Students were asked: "How often do you eat breakfast, second breakfast, lunch and dinner?" Answers impressed us. It was clarified that only 39% students eat breakfast every day, 27% have breakfast once a month or do not eat breakfast at all, 15% have it once a week and 19% have it several times a week. A full lunch is included in the daily meals of 79% students, 16% students have it few times a week, and there are few students (3%) who have hot, full lunch once a week and 2% (32 students) have lunch once a month or do not have any lunch at all. Regarding a snack after lunch, 35% of the students have it every day, 31% have it several times a week, 19% have it once a week and 15% of young respondents organize snack once a month. The majority of students 70% are dining daily, 18% eat dinner several times a week, 7% once a week and 81 students (5%) do not eat supper. The data are shown graphically in Figure 1.

We understand that students are young people who are engaged in obtaining knowledge. We were interested in whether students prepare meals themselves or visit the catering. It turned out that 65% of students have their breakfast and 62% have the morning snack at home. The same number of students 43% have lunch at home and in university canteens. 62% of students are having snack at home, 11% out, but only 3% have dinner out, and 88% prefer to have dinner at home. Detailed information about the places where students are having meals is presented in Figure 2.

The fact that students are mostly eating at home or at their relatives is positive, because homemade food is undoubtedly nutritious especially for young people. Thus, 91% of respondents drink fruit juice between meals, and 9% do not have snacks between regular meals.

Investigating eating conditions, we found that only 42% of all students do not eat at night, the rest of the students do that with different frequency: 2% every night; 5% 3-4 times a week; 17% 1-2 times and 34% less than once a week.

To reveal possible violations of the food/digestive processes, we analyzed students' answers on the presence or absence of pathological processes that result from non-compliance of recommended diet. Thus, almost a third of the students pointed to the excessive consumption of food, one third for alternating excessive food intake and malnutrition; third to avoid eating. In addition, 17% of respondents have an insurmountable fear of gaining weight, and 10% even provoke vomiting after eating. The data are presented in Table 1.
Table 1.1

<table>
<thead>
<tr>
<th>Students' Eating Disorders</th>
<th>Positive answer</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n</td>
</tr>
<tr>
<td>excessive food intake (loss of control over food)</td>
<td>454</td>
</tr>
<tr>
<td>insurmountable fear of gaining weight</td>
<td>276</td>
</tr>
<tr>
<td>provoke vomiting after eating</td>
<td>162</td>
</tr>
<tr>
<td>avoid eating</td>
<td>502</td>
</tr>
<tr>
<td>alternation of excessive consumption of food and malnutrition</td>
<td>470</td>
</tr>
</tbody>
</table>

Analysis of responses suggests that there are students who noticed 2 or more pathological processes themselves. These data require further explanations as for healthy eating habits. Noticing any adverse change in health status or health one should consult a doctor.

Analysis of subjective feelings of students’ repletion showed the following results: a feeling of satiety experience 64% of students every day and 26% 3-4 times a week. Hunger is felt by 20% students every day, 25% students 3-4 times a week, 38% 1-2 times a week. Feeling "ate too much" is experienced daily by 5% of students and 45% noticed this feeling at least once a week. Thus, one could argue that students do not overeat.

However, more than half of young people (54%) have tried to lose weight, and 24% to gain weight (See Figure 3).

**Fig. 3. Distribution of students on efforts to change body weight, %.

Student’s desire to adjust their body weight using diet depends on the perception of their body constitution and structure. The survey results show that only 70% believe their body structure is normal, 5% of students indicate that they are thin; 10% that they are slim; 13% believe that they have excessive body weight and 2% consider themselves overweight (See Figure 4).

**Fig. 4. Distribution of students as to the self-evaluation of the structure of their body, %.

So, despite the fact that the majority of students have normal weight and constitution, the students eat regularly, have indigestion, try to change their body weight using diet.

It should be noted that the issue of a balanced healthy regular meals is relevant not only in Ukraine. UN has developed guidelines on nutrition as a way to maintain a healthy lifestyle. It highlights the following:

- daily intake of 500 grams of various fruits and vegetables, approximately divided into 5 receptions. Vegetables and fruits especially desirable to use raw, without heat treatment;
- potatoes does not apply to groups recommended vegetables;
- Recommendations are not extrapolated to technologically processed fruits and vegetables. Juice and puree bought in the shops also cannot be recommended.
Discussion and conclusions

Thus, this study confirms that most students eat at home or at their relatives, they do not follow a diet, which is very important for people who are regularly engaged in exercises. Respondents have symptoms of nutritional disorder processes and try to adjust the weight of their body through diet. In our opinion, one of the effective mechanisms to improve the situation is to involve students in visiting lectures on healthy eating.

References:

Tarasova, N. S. (2008). Correct eating style is a key to health and longevity. Pedagogy, psychology and biomedical problems of physical education and sport, 4, 120-123.