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Food Safety Awareness Related to Fast Food Consumption Among University Students in Metro City, Lampung, Indonesia

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ABSTRACT

Changes in modern lifestyle have increased fast-food consumption among university students, which may pose health risks when food safety awareness is low. Understanding knowledge and attitude toward food safety is important to promote responsible consumption behaviour, especially among young adults living independently. This study aimed to analyse the relationship between food safety awareness and fast-food consumption among university students in Metro City, Lampung, Indonesia, and to examine its implications for healthy and sustainable eating behaviour. This study used a quantitative cross-sectional design involving 110 university students aged 19–25 years who lived independently in Metro City. Data were collected using structured questionnaires measuring food safety knowledge, attitude toward food safety, and frequency of fast-food consumption. Data were analysed using Chi-square test with a significance level of 0.05, followed by Odds Ratio (OR) and 95% confidence interval (CI). The results showed a significant relationship between food safety knowledge and instant noodle consumption (p = 0.020; OR = 3.95; 95% CI = 1.17–13.33). A significant association was also found between attitude toward food safety and processed cheese consumption (p = 0.004; OR = 8.33; 95% CI = 1.59–43.81). Other types of fast-food consumption were not significantly related to knowledge or attitude variables. These findings indicate that food safety awareness may influence specific food choices rather than overall fast-food consumption. Strengthening food safety education may help improve food selection behavior and support healthier and more responsible dietary habits among young adults.

Keywords: *Food safety, knowledge, attitude, fast food consumption, university students*

1. INTRODUCTION

Changes in lifestyle and dietary patterns have occurred rapidly in modern society, especially among young adults and university students. The increasing availability of ready-to-eat food and the development of modern food services have influenced eating habits, making fast food more popular among students. Fast food is often chosen because it is practical, inexpensive, and easily accessible around campus areas. However, frequent consumption of fast food may increase health risks when food safety aspects are not properly considered [1].

Food safety is defined as a condition in which food is free from biological, chemical, and physical contamination that can harm human health. Unsafe food may cause various health problems ranging from mild digestive disorders to serious diseases. According to the World Health Organization, unsafe food remains one of the major causes of illness worldwide, especially in populations that frequently consume ready-to-eat food [2]. Therefore, awareness of food safety is important to ensure that individuals choose food that is safe and healthy.

University students are considered a vulnerable group in terms of dietary behavior. Many students live away from their families and depend on food purchased outside the home. Students who live in boarding houses or dormitories tend to consume ready-to-eat food more often because of limited time, limited cooking facilities, and busy academic activities. This condition increases the possibility of consuming food that does not meet food safety standards [3].

Fast food is generally defined as food that can be prepared quickly and served in a short time. Examples of

fast food include instant noodles, fried food, processed meat, and cheese-based products. These foods usually contain high levels of fat, sodium, and additives, but low levels of fiber and essential nutrients. Frequent consumption of fast food may increase the risk of obesity, hypertension, and metabolic disorders, especially among young adults [4].

Knowledge about food safety is one of the important factors that influence food consumption behavior. Knowledge includes understanding of food hygiene, contamination, expiration date, and safe storage of food. Individuals with good knowledge are more likely to select safe food and avoid risky eating habits. Conversely, lack of knowledge may lead to poor food choices that can increase health risk [5].

In addition to knowledge, attitude toward food safety also plays an important role in determining eating behavior. Attitude reflects a person's evaluation, belief, and concern regarding food safety. Individuals with positive attitude toward food safety tend to be more careful when selecting food, while those with negative attitude may prioritize taste, convenience, or price over safety and health considerations [6].

Previous studies reported that knowledge and attitude toward food safety are related to food consumption behavior among students. Students with better knowledge and positive attitude tend to have healthier eating habits, while those with poor knowledge are more likely to consume fast food frequently. However, other studies found that lifestyle factors such as convenience and availability may also influence food choices, so knowledge alone may not always determine behavior [7].

In Indonesia, fast-food consumption among university students has increased in recent years. The availability of instant food, street food, and processed food around campus areas makes students more likely to choose convenient food rather than healthy food. Metro City in Lampung Province is one of the educational centers where many students live independently in boarding houses. The high availability of ready-to-eat food in this area may influence eating habits, but research related to food safety awareness among students in this city is still limited [8].

Understanding the relationship between food safety awareness and fast-food consumption is important for developing effective health education programs. If knowledge and attitude influence food choices, improving food safety education may help reduce risky eating behavior and support healthier lifestyle among young adults [7]. Therefore, this study aimed to analyze the relationship between food safety knowledge and attitude toward food safety and fast-food consumption among university students in Metro City, Lampung, Indonesia.

2. LITERATURE REVIEW

2.1 Food safety and health risk

Food safety is an important aspect of public health because food that is not properly handled may contain biological, chemical, or physical contaminants that can harm human health. Unsafe food can cause various diseases ranging from mild digestive disorders to serious health problems. According to the World Health Organization, foodborne diseases remain one of the major global health concerns, especially among individuals who frequently consume ready-to-eat food prepared outside the home [2]. Therefore, maintaining food safety is essential to ensure that food consumed by the public is safe and does not cause health problems.

Food safety problems are often related to improper food handling, poor hygiene, and lack of knowledge about safe food preparation. In many cases, contamination occurs because food is stored at improper temperature, prepared in unhygienic conditions, or consumed after the expiration date. Consumers who do not have sufficient knowledge about food safety are more likely to consume unsafe food without realizing the potential risk [5]. Therefore, knowledge about food safety plays an important role in preventing foodborne illness.

University students are one of the groups that frequently consume ready-to-eat food. Students who live independently often rely on food purchased from outside because of limited time and limited cooking facilities. This situation increases the possibility of consuming food that does not meet hygiene standards. Research has shown that students who frequently eat outside the home have higher risk of consuming unsafe food compared to those who prepare their own meals [3].

Fast food and ready-to-eat food are widely available around campus areas, making students more likely to choose convenient food rather than healthy food. Although fast food is practical, it often contains high levels of fat, salt, and additives. Frequent consumption of these foods may increase the risk of chronic diseases such as obesity and hypertension. In addition, improper handling of ready-to-eat food may increase the risk of foodborne disease [4].

2.2 Knowledge of food safety

Knowledge is defined as the result of learning and experience that influences individual behavior. In the context of food safety, knowledge includes understanding of hygiene, contamination, expiration date, storage conditions, and the health effects of food consumption. Individuals with good knowledge are more likely to select safe food and avoid risky eating habits. Conversely, lack of knowledge may lead to inappropriate food choices that increase the risk of illness [5].

Food safety knowledge is especially important for university students who often make their own decisions about food. Students who understand the importance of hygiene and proper food handling are more likely to check food quality before consumption. Several studies reported that higher knowledge of food safety is associated with healthier eating behavior and lower frequency of fast-food consumption [3].

Knowledge can be obtained through education, experience, and exposure to information. Students who receive information about nutrition and food safety from

school, media, or health education programs tend to have better understanding of safe food practices. However, knowledge alone is not always sufficient to change behavior, because food choices are also influenced by lifestyle, taste preference, and availability of food [7].

In many cases, students may know that fast food is not healthy but still consume it frequently because it is convenient and inexpensive. Therefore, it is important to analyze not only knowledge but also other factors that influence eating behavior, such as attitude and lifestyle. Understanding the role of knowledge in food consumption behavior can help design effective education programs to improve food safety awareness [8].

2.3 Attitude toward food safety

Attitude refers to a person's evaluation, feeling, or tendency toward an object or behavior. In the context of food safety, attitude reflects how much a person cares about hygiene, nutritional value, and health consequences of food consumption. Individuals with positive attitude toward food safety tend to be more careful when selecting food, while those with negative attitude may prioritize taste, convenience, or price over safety considerations [6].

Attitude toward food safety is influenced by knowledge, experience, and social environment. Students who understand the risk of unsafe food are more likely to have positive attitude toward safe food practices. On the other hand, students who are accustomed to eating fast food may develop negative attitude toward food safety because they consider convenience more important than health [7].

Previous studies showed that attitude plays an important role in determining eating behavior. Students with positive attitude toward food safety are more likely to avoid risky food and choose healthier alternatives. However, attitude alone may not always determine behavior, because other factors such as peer influence and accessibility of food may also affect decision making [3].

In addition, modern lifestyle has encouraged students to choose fast food more frequently. The availability of fast food around campus areas makes it easier for students to consume food without considering safety or nutritional value. Therefore, examining attitude toward food safety is important to understand why students still consume fast food even when they know the health risk [8].

2.4 Fast-food consumption among university students

Fast food is defined as food that can be prepared quickly and served in a short time. Common types of fast food include instant noodles, fried food, processed meat, and cheese-based products. These foods are popular among students because they are practical, inexpensive, and easy to obtain. However, fast food often contains high levels of fat, sodium, and food additives, which may increase health risk when consumed frequently [4].

University students tend to consume fast food more often because of busy schedules and limited cooking facilities. Students who live in boarding houses often depend on ready-to-eat food for daily meals. This habit may lead to excessive intake of processed food and reduced consumption of nutritious food. Frequent consumption of fast food has been associated with obesity, hypertension, and other metabolic disorders [3].

Instant noodles are one of the most commonly consumed fast foods among students. Instant noodles are cheap and easy to prepare, but they contain high sodium and preservatives. Excessive consumption of instant noodles may increase the risk of high blood pressure and other health problems. Processed cheese and other processed food products are also popular among students because they are easy to store and prepare, but they often contain high fat and additives [4].

Several studies reported that fast-food consumption is influenced by knowledge, attitude, lifestyle, and accessibility. Students who have poor knowledge and negative attitude toward food safety are more likely to consume fast food frequently. However, even students with good knowledge may still consume fast food because of convenience and availability. Therefore, it is important to analyze the relationship between food safety awareness and specific types of fast-food consumption [7].

2.5 Relationship between knowledge, attitude, and food consumption behavior

The Knowledge–Attitude–Practice model explains that behavior is influenced by knowledge and attitude. Knowledge provides information about what is safe or unsafe, while attitude determines whether a person is willing to follow safe practices. When individuals have good knowledge and positive attitude, they are more likely to show healthy behavior. However, when knowledge is low and attitude is negative, risky behavior is more likely to occur [5].

In the context of food consumption, knowledge about food safety may help individuals choose safer food, while attitude toward food safety may influence their willingness to avoid risky food. Previous studies found that knowledge and attitude are associated with eating behavior among students, although the strength of the relationship may vary depending on the type of food [7].

Some studies reported that knowledge and attitude are significantly related to consumption of certain foods, but not all types of fast food. This means that food safety awareness may influence specific food choices rather than overall eating behavior. Therefore, it is important to examine the relationship between knowledge, attitude, and consumption of different types of fast food, such as instant noodles and processed food [3].

Based on previous studies, it is hypothesized that students with poor knowledge and negative attitude toward food safety have higher frequency of fast-food consumption compared to students with good knowledge and positive attitude. This study was conducted to analyze the relationship between food safety awareness and fast-food consumption among university students in Metro City, Lampung, Indonesia.

3. METHOD

This study used a quantitative analytic design with a cross-sectional approach to examine the relationship between food safety knowledge, attitude toward food safety, and fast-food consumption among university students. The cross-sectional design allows measurement of independent and dependent variables at the same time, making it suitable for analyzing associations between variables in one observation period [16].

The study was conducted in Metro City, Lampung, Indonesia, from June to August 2025. Metro City was selected as the research location because it is one of the educational centers in Lampung Province with a high number of university students living independently in boarding houses or dormitories. The availability of ready-to-eat food around campus areas makes students more exposed to fast-food consumption, which may be related to food safety awareness [2]. Data were collected using an online questionnaire distributed to respondents who met the inclusion criteria. Data processing was performed using Microsoft Excel and IBM SPSS version 16.

The population of this study consisted of university students studying in Metro City. The sampling technique used was non-probability sampling with purposive sampling method. Respondents were selected based on inclusion criteria, including active university students aged 19–25 years, living independently, willing to participate, and able to complete the questionnaire. The minimum sample size was calculated using the Lemeshow formula for cross-sectional studies with a confidence level of 95%, resulting in 110 respondents [17].

The independent variables in this study were food safety knowledge and attitude toward food safety, while the dependent variable was fast-food consumption. Knowledge was defined as the respondent's understanding of food hygiene, contamination, storage, and health risks related to ready-to-eat food. Knowledge was measured using a structured questionnaire and categorized as good (≥75%) and poor (<75%) based on the percentage of correct answers [5].

Attitude toward food safety was defined as the respondent's positive or negative response toward food hygiene, food safety practices, and health risk awareness. Attitude was measured using Likert-scale statements and categorized into positive (≥50%) and negative (<50%) based on total score [6].

Fast-food consumption was measured using a Food Frequency Questionnaire (FFQ) that recorded the frequency of consuming several types of ready-to-eat food, including fried food, canned food, processed fruit products, processed meat, fatty meat and offal, cheese products, and instant noodles. Consumption frequency was categorized as frequent (≥3 times per week) and rare (<3 times per week) [3].

Data analysis consisted of univariate and bivariate analysis. Univariate analysis described respondent characteristics, knowledge, attitude, and consumption patterns. Bivariate analysis used the Chi-square test to examine the relationship between knowledge and attitude toward food safety and each type of fast-food consumption, with a significance level of 0.05 and 95% confidence interval. Odds Ratio (OR) was calculated to determine the strength of association between variables [16].

4. FINDINGS AND DISCUSSION

4.1 Characteristics of respondents

A total of 110 university students participated in this study. Respondents were students living independently in Metro City, Lampung. Most respondents were in the age range of 19–25 years, which represents young adults with high exposure to ready-to-eat food consumption. Students who live away from their families tend to rely more on outside food because of limited time, limited cooking facilities, and busy academic activities. This condition increases the likelihood of consuming fast food more frequently compared to home-prepared meals [18].

Living independently is one of the factors associated with unhealthy eating habits among students. Previous studies reported that students living in boarding houses often choose practical food because it is inexpensive, easy to obtain, and does not require preparation time. As a result, fast-food consumption becomes part of daily lifestyle among university students in urban areas [19].

4.2 Food safety knowledge per item

Table 1 shows the distribution of responses to each knowledge question. Assessment of food safety knowledge showed that respondents had uneven understanding across different aspects. The highest proportion of correct answers was found in questions related to expiration date (86.4%) and hygiene importance (80.0%), indicating that basic food safety concepts are generally well known. However, knowledge related to reheating safety (49.1%) and risks of additives (63.6%) was lower, suggesting that students are less familiar with safety issues related to processed food.

Table 1. Distribution of food safety knowledge responses

Question	Correct n (%)	Incorrect n (%)
Safe food storage	72 (65.5)	38 (34.5)
Expired food risk	95 (86.4)	15 (13.6)
Street food contamination	68 (61.8)	42 (38.2)
Instant food risk	59 (53.6)	51 (46.4)
Hygiene importance	88 (80.0)	22 (20.0)
Check packaging	63 (57.3)	47 (42.7)
Reheating safety	54 (49.1)	56 (50.9)
Additives risk	70 (63.6)	40 (36.4)

When the total score was categorized, more than half of the respondents (54.5%) were classified as having poor knowledge. This proportion is relatively high for a population with higher education level, indicating that food safety awareness among students is still limited. Similar findings have been reported in recent studies showing that university students often have adequate

general knowledge but lack detailed understanding of food processing and safety risks [5], [20].

Limited knowledge may reduce the ability to evaluate food safety when choosing ready-to-eat meals. Students may recognize obvious risks, such as expired food, but may not consider less visible risks such as additives, high sodium content, or improper storage conditions. As a result, knowledge alone may not be sufficient to guide daily food choices.

Table 2. Knowledge level of respondents

Knowledge	n	%
Poor	60	54.5
Good	50	45.5
Total	110	100

Then, knowledge scores were categorized into good and poor based on the percentage of correct answers (Table 2). More than half of respondents had poor knowledge about food safety. This result indicates that many students still do not fully understand the risks associated with ready-to-eat food. Similar findings were reported in previous studies showing that insufficient knowledge is associated with unhealthy eating behavior among university students [7]. Students with low knowledge may not pay attention to hygiene, expiration date, or food processing method, which may increase the risk of consuming unsafe food [10].

4.3 Attitude toward food safety per item

Attitude toward food safety was measured using Likert-scale statements related to concern about hygiene, food safety, and health risk (Table 3). Although many students agreed that food safety is important, a large proportion still preferred fast food because of convenience. This finding suggests that attitude toward safety does not always translate into safe eating behavior [12]. Lifestyle factors such as taste preference, accessibility, and price often influence food choice more strongly than knowledge alone [13].

Table 3. Distribution of attitude responses

Statement	Agree n (%)	Disagree n (%)
Food safety is important	70 (63.6)	40 (36.4)
Avoid unhygienic food	62 (56.4)	48 (43.6)
Fast food is practical	74 (67.3)	36 (32.7)
Check food label	55 (50.0)	55 (50.0)
Street food safe	48 (43.6)	62 (56.4)
Not worried additives	66 (60.0)	44 (40.0)
Prefer fast food	69 (62.7)	41 (37.3)

Attitude assessment revealed a different pattern from knowledge. Although many respondents agreed that food safety is important (63.6%), a large proportion also admitted that fast food is practical (67.3%) and often preferred in daily life (62.7%). This contrast indicates that students may understand the importance of food safety but still choose convenience over safety considerations.

After categorization (Tabel 4), the majority of respondents (92.7%) were classified as having negative attitude toward food safety, while only 7.3% had positive attitude. This large difference suggests that concern about food safety is generally low among students living independently. Negative attitude does not necessarily mean lack of knowledge, but rather low priority given to safety when making food choices.

Table 4. Attitude toward food safety

Attitude	n	%
Negative	102	92.7
Positive	8	7.3
Total	110	100

Previous studies have shown that attitude is strongly influenced by lifestyle and environment. Among young adults, food choice is often determined by taste preference, price, and availability rather than by safety awareness. Therefore, even when knowledge exists, attitude may not support healthy behavior [6], [21].

4.4 Frequency of fast-food consumption

The frequency analysis showed that fast-food consumption was very common among respondents (Table 5). Fried food was consumed frequently by all students (100%), making it the most dominant food in daily diet. Instant noodles were also consumed frequently by 86.4% of respondents, followed by cheese products (70.0%) and processed meat (55.5%). Other foods such as canned food (53.6%) and fatty meat (45.5%) were also consumed by a considerable proportion of students, while processed fruit had the lowest frequency (22.7%).

Table 5. Frequency of fast-food consumption by type

Type of food	Frequent n (%)	Rare n (%)
Fried food	110 (100)	0 (0)
Canned food	59 (53.6)	51 (46.4)
Processed fruit	25 (22.7)	85 (77.3)
Processed meat	61 (55.5)	49 (44.5)
Fatty meat & offal	50 (45.5)	60 (54.5)
Cheese products	77 (70.0)	33 (30.0)
Instant noodles	95 (86.4)	15 (13.6)

These results indicate that foods that are cheap, easy to prepare, and widely available tend to be consumed more often. Fried food and instant noodles are commonly sold around campus areas, making them convenient choices for students with limited time. Similar patterns have been reported in recent research showing that convenience and accessibility are the main determinants of fast-food consumption among university students [4], [22]. Frequent consumption of these foods may increase health risk, particularly because many ready-to-eat foods contain high fat, sodium, and food additives. However, students often prioritize practicality over nutritional considerations, especially when living independently [23].

4.5 Association between knowledge and specific fast-food consumption

Table 6 presents the results of the Chi-square test examining between knowledge and fast-food consumption showed that most food types were not significantly associated with knowledge level. No significant relationship was found for fried food, canned food, processed fruit, processed meat, fatty meat, or cheese products, with p-values all greater than 0.05.

A significant result appeared only for instant noodles (p = 0.020). The Odds Ratio of 3.95 indicates that students with poor knowledge were nearly four times more likely to consume instant noodles frequently compared to those with good knowledge. This finding suggests that knowledge may influence food choice when the health risk of the food is widely recognized. Instant noodles are commonly known to contain high sodium and preservatives, so students who have better knowledge may be more cautious in consuming them.

Table 6. Association between food safety knowledge and specific fast-food consumption

Type of fast food	p-value	OR	95% CI	Significant
Fried food	1.000	–	–	No
Canned food	0.832	1.31	0.63–2.74	No
Processed fruit	0.910	1.08	0.44–2.67	No
Processed meat	0.873	1.12	0.55–2.30	No
Fatty meat & offal	0.765	1.22	0.59–2.52	No
Cheese products	0.276	1.69	0.66–4.32	No
Instant noodles	0.020	3.95	1.17–13.33	Yes

The non-significant results in most fast-food categories suggest that food safety knowledge may only influence food choices when the health risks of a food are clearly recognized by students. Instant noodles are widely associated with high sodium, preservatives, and unhealthy eating habits, making students with better knowledge more likely to limit their consumption. In contrast, foods such as fried snacks, canned food, and processed meat are often viewed as regular everyday foods rather than specific health-risk products. As a result, students may continue consuming these foods regardless of their level of food safety knowledge [22], [24], [25].

4.6 Association between attitude toward food safety and specific fast-food consumption

The association between attitude toward food safety and the consumption of each type of fast food is shown in Table 7. The relationship between attitude and fast-food consumption showed a pattern similar to knowledge, where most food types were not significantly related to attitude. However, a significant association was found for cheese products (p = 0.004). The Odds Ratio of 8.33 indicates that students with negative attitude toward food safety had more than eight times higher risk of consuming cheese products frequently compared to students with positive attitude.

Table 7. Association between attitude toward food safety and specific fast-food consumption

Type of fast food	p-value	OR	95% CI	Significant
Fried food	1.000	–	–	No
Canned food	0.642	1.41	0.49–4.05	No
Processed fruit	0.588	1.57	0.30–8.13	No
Processed meat	0.734	1.28	0.35–4.62	No
Fatty meat & offal	0.811	1.18	0.33–4.19	No
Cheese products	0.004	8.33	1.59–43.81	Yes
Instant noodles	0.521	1.75	0.30–10.1	No

This result highlights that attitude may play a stronger role when food choice is influenced by preference and perception rather than by knowledge. Cheese products are often consumed as snacks or part of fast food, and their consumption is usually related to taste and convenience. Students who are less concerned about food safety may not consider the nutritional content or additives contained in these products.

For other types of food, including fried food, canned food, processed fruit, processed meat, fatty meat, and instant noodles, no significant association was found. This suggests that eating behavior among students is shaped by multiple factors, such as lifestyle, social environment, and accessibility of food. Recent studies also indicate that attitude alone is not enough to predict food consumption, especially in young adults whose eating patterns are strongly influenced by daily activities and surroundings [26], [27].

5. CONCLUSIONS

This study examined the relationship between food safety knowledge, attitude toward food safety, and the consumption of various types of fast food among university students living independently in Metro City, Lampung. The findings show that fast-food consumption is very common among students, particularly for foods that are inexpensive, easy to prepare, and widely available. Fried food, instant noodles, and cheese products were the most frequently consumed items, indicating that practicality and accessibility strongly influence daily eating habits.

The level of food safety knowledge among respondents was still relatively low, with more than half of the students categorized as having poor knowledge. Attitude toward food safety also tended to be unfavorable, as most respondents were classified as having negative attitude despite acknowledging the importance of food safety. These results suggest that

awareness alone may not be sufficient to guide healthy food choices, especially among students who live independently and have limited control over their food environment.

Statistical analysis showed that knowledge was significantly associated only with instant noodle consumption. Students with poor knowledge had a higher likelihood of consuming instant noodles frequently, indicating that understanding of food safety may influence behavior when the health risk of a specific food is widely recognized. Attitude toward food safety showed a significant association only with cheese product consumption, where students with negative attitude had a much higher risk of frequent consumption. This finding suggests that attitude may affect food choice when personal preference and perception play a stronger role.

For other types of fast food, no significant relationship was found with either knowledge or attitude. This indicates that eating behavior among university students is influenced by multiple factors beyond food safety awareness, including convenience, availability, price, and lifestyle. Foods that are easily accessible in the surrounding environment tend to be consumed frequently regardless of knowledge or attitude.

Unlike knowledge, attitude toward food safety appears to be more related to personal preference and lifestyle. Cheese products are commonly consumed as part of modern fast food and snack culture among young adults, and their consumption is often influenced by taste, trend, and eating preference. Students with less concern about food safety may therefore consume these foods more frequently. Meanwhile, other food groups such as fried food and processed meat are already deeply integrated into students' daily eating patterns, making their consumption less influenced by individual attitudes [29], [30].

These findings highlight the importance of developing food safety education programs that do not only provide information but also address daily habits and environmental factors. Improving knowledge and attitude should be combined with practical strategies that help students make safer and healthier food choices in their everyday life.

Future research is recommended to explore other factors that may influence fast-food consumption among university students, such as economic conditions, peer influence, and availability of food around campus areas. Understanding these factors may help design more effective interventions to promote healthy and safe eating behavior among young adults.

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