

The majority of college students seem to be quite healthy. Vegetables Fruit Fried Food Rice Noodles Vegetables Protein Grains Frut Getting the required amount of sleep is another important factor in students' health. A healthy diet contains plenty of fresh produce, and moderate amounts of protein and grains. However, that doesn't mean 5 they shouldn't try to improve their lifestyle. Our findings below show that the Average 10 Student Diet differs greatly from that of a Healthy Diet. Yet, the diet of most students consists mainly of rice and noodles. Average Student Diet Healthy Diet 15 It also contains a lot of fried food, which suggests that they eat too much fast food and need to add more fresh fruit and vegetables to their diet. We carried out research at a local college to find the truth about students' lifestyle: their eating, sleeping, and exercise habits. Studies 20 have shown that it has a positive effect on memory and concentration. We recorded the sleeping habits of three college students for one semester. The Sleep and Test Scores results in the graph below support this theory: when the students got enough sleep, their exam scores were much higher. The Student Exercise graph below shows that the majority work out for at least 30 minutes a day. Unfortunately, many college students are so busy focusing on their studies that they don't 30 take time to look after themselves. Healthy habits can help them succeed in their classes, so they should try to get enough sleep, eat well, and exercise²⁵ Finally, we interviewed students to find out how much they exercise. This is positive, because students who get enough exercise are usually happier, more energetic, and find it easier to pay attention.