

Title of Thesis	A Case Study Of Young Adults Behaviours Towards Healthy Diet In Ibs College Miri
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### **ABSTRACT**

This research is study on the young adults' behavior towards healthy diet in IBS College Miri. This aims to examine the young adults' behavior towards healthy diet in IBS College Miri, their food consumption behavior and the internal and external factor that influence the healthy diet of the young adults. For this research, the researcher adopted quantitative method and the collection was through self-designed questionnaire to get the research data. The data are collected and analyze using simple statistic method.

IBS College Miri young adults tend to eat a lot of food due the food diversity in Miri and this affect them to not realizing whether they are eating healthily or not. The food consumption and healthy diet behaviors of young adults is based on their food choices.

Therefore, it is important for research to investigate more about the their food choices which influence the IBS College young adults' healthy diets and how does young adults IBS College Miri partakes in healthy diet. Study on young adults' behavior helps young adults in IBS College Miri to understand more about healthy diet and what the current food consumption among the young adults are. Besides that, they able to see how does food choice influence them to change behavior towards healthy diet.

Through this research, young adults in IBS College Miri should be consider and identify their current food consumption to see whether they are eating healthily or not. The results will be gain more knowledge and information related to the healthy diet. Finally, this research can help raise awareness of young adults in IBS College Miri on their healthy diets.