

Investigation of Nutritional Status of Dance Majors and Guidance of Nutritional Meal Preparation

Pietro Zanuttig*

University of Delaware, Newark, USA

**corresponding author*

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Abstract: To investigate the nutritional status of students majoring in dance and put forward the guidance and Suggestions of nutritional diet. Questionnaire was used to dance professional students nutritional status of the investigation, and will dance professional students into two groups, one group (experimental group) used in this paper, nutrition meal types, 1 months of nutritional intervention, another group (control group) daily meals, without any intervention. Observe the nutritional status of students in both groups. (1) Body mass index (BMI) : compared with the control group, the achievement rate of BMI in the experimental group was significantly increased ($p<0.01$). (2) Dietary structure: compared with the control group, the rate of major nutrients in the experimental group was significantly increased (there was a significant difference, $P<0.01$); (3) Energy supply ratio of the three major nutritional factors: compared with the control group, the number of students in the experimental group meeting the requirements of energy supply ratio of the three major nutritional factors increased significantly (there was a significant difference, $P<0.01$). The nutritional diet scheme proposed in this paper has a certain effect on improving the nutritional status of dance majors.

1. Introduction

With the development of China's economy and the improvement of people's living standards, people begin to pay attention to reasonable diet and balanced nutrition, which has also become the focus of social attention. In particular, the nutritional health status of college students has attracted extensive attention from all walks of life, among which the nutritional health status of dance majors needs special attention. They not only need to complete the normal learning tasks, but also need to have a certain intensity of dance training. If they do not pay attention to reasonable dietary nutrition in their daily diet, malnutrition may occur. And malnutrition will have an impact on the body, study,

life and psychological aspects, the impact of serious physical overdraft physical fatigue, body damage, and even affect their study and life. Therefore, reasonable nutrition is an important guarantee for students' physical health, normal learning and dance training.

The current nutrition research about dance students accounted for most of the scholars abroad, foreign scholars mainly analysis the dance and nutritional status of the students are willing to change eating habits, attitude, they think that most of the dance students think that their poor nutritional status and diet is necessary to change, two-thirds of the students willing to accept reasonable nutrition catering [1-2]. And when choosing a meal, students mainly consider the taste and price of the nutritional meal. There are a large number of studies on diet by domestic scholars, but they mainly focus on the dietary nutrition of patients, the elderly and students majoring in physical education, with certain limitations [3]. In the survey on the dietary structure of students majoring in sports, it was found that their intake of vegetables and fruits was low, their intake of total energy was relatively insufficient, their intake of calcium was seriously insufficient, and the proportion of students who chose to eat breakfast was low. Moreover, the study showed that there was no significant difference in the dietary status of students majoring in sports [4]. The research emphases of domestic and foreign scholars are different, but few of them involve the investigation of the nutritional status of dance majors and the overall study of relevant nutritional dietary collocation [5]. The research in the field of dietary nutrition has a certain one-sidedness. Therefore, the research in this paper is very necessary. In order to make up for the defects in this research, it can be used to investigate the nutritional status of dance majors in China and guide the research on nutritional catering [6].

But study at home and abroad provide a certain theoretical basis and the basis for this article, on the basis of the research at home and abroad, this study used questionnaire investigation was carried out on the dance professional students nutrition survey, including the investigation of the basic information of the students and nutritional status of the investigation, which is divided into three aspects: the nutritional status of body mass index (BMI), dietary structure condition, three major nutrition elements power [7-8]. According to the students' nutrition status of dance at the same time puts forward the guidance of the nutrition catering advice, using comparative research studies two groups of students in nutrition catering the diet and nutritional status of the case, is also a statistical body mass index (BMI), dietary structure condition, three major nutrition elements of power than information, according to the statistics difference inspection, observation of two groups of students in different food catering whether cases have significant difference [9].

2. Research Theories and Methods

2.1. Theoretical Basis

The theoretical basis of this paper is the Healthy China theory, which refers to adhering to the people-centered development thought, firmly establishing the concept of "great health and great health", forming a healthy lifestyle, ecological environment and social environment, and improving people's health level [10].

This theory from four paths to promote the people follow a healthy lifestyle: one is to popularize health knowledge, improve health literacy as a premise, improve health based on the characteristics of different populations targeted to strengthen health education and promotion, make the master health knowledge, behavior and skills, the high quality of achieving universal health literacy; Second, they should participate in health activities, advocate the idea that everyone is the first person responsible for their own health, stimulate residents' passion for and pursuit of health, develop a healthy lifestyle in line with their own and family characteristics, reasonable diet, scientific exercise, and develop a good life attitude. Third, to provide health services, improve the

medical and health service system, formulate medical prevention and treatment strategies and safeguard policies, and strengthen the connection between medical security policies and public health policies; Fourth, extend healthy life, strengthen the collaboration between various departments, encourage and guide units, communities, families and individual residents to take action, take effective intervention to prevent major health problems and influencing factors, and form a good social atmosphere with government leading, broad social participation and individual autonomy and self-discipline [11-12].

On the basis of this theory, combined with the data of questionnaire survey, this paper puts forward catering Suggestions that are conducive to improving the nutritional status of dance majors. On the one hand, theoretical knowledge is fully combined; on the other hand, theoretical knowledge is integrated into concrete practice to test whether the nutritional catering Suggestions in this paper are feasible and of practical significance.

2.2. Research Methods

(1) Literature method

According to the research background and content of this paper, literature materials related to this study, such as works, policies, legal documents, journals and magazines, etc., are consulted, and relevant works and articles are found through various information resources such as the Internet. The careful study of these materials lays a good theoretical foundation for the design of the questionnaire and the outline of the interview with experts, and also plays a role of content support for understanding the research status of this topic.

(2) Questionnaire survey

Questionnaire survey can help us understand the nutritional health status of dance majors more quickly and accurately. Therefore, questionnaire survey can provide effective data support. First of all, a questionnaire survey was conducted on the students majoring in dance in our school to comprehensively understand the nutritional health status of the students majoring in dance. Questionnaire is divided into the investigation of the basic information of the students and the nutritional status of investigation, students basic information including gender, age, cognitive condition of nutrition and health, access to the nutrition knowledge, diet (that is, the early work of repast ratio), including the nutritional status of body mass index (BMI), dietary structure condition, three major nutrition elements power than the three aspects of information [13-14]. In the investigation of nutritional status, BMI is based on "Adult Weight Classification": A BMI less than 18.5 indicates underweight, a BMI greater than or equal to 18.5 and less than 24.0 indicates normal weight, a BMI greater than or equal to 24.0 and less than 28.0 indicates overweight and a BMI greater than or equal to 28.0 indicates obesity. Dietary structure to balance diet pagoda for Chinese people to a standard: standard for the intake per person per day in the valley of the potato from 250 to 400 grams, vegetables from 300 to 500 grams, 200 to 400 grams of fruit category, 50 to 75 grams, egg kind livestock and poultry meat 25 to 75 to 100 grams, 50 grams, shrimp, soybeans and products between 30 to 50 grams, 300 grams of milk and milk products, cooking oil is not more than 25 to 30 grams, salt less than 6 g; The energy supply ratio of the three major nutrient elements is mainly protein, fat and carbohydrate, among which the appropriate ratio of protein energy supply is 15%-20%, fat energy supply is 20%-30% and carbohydrate energy supply is 55%-65%.

Secondly, nutrition catering Suggestions were proposed according to the status of dance majors in our school, and then nutritional status investigation was conducted on students in the experimental group and control group, including body mass index (BMI), dietary structure, and energy supply ratio of three major nutritional elements, and relevant information was sorted out.

(3) Comparative study method

Use comparative research is mainly to use in this paper, the nutrition meal types compared with students in diet group, observe whether nutrition catering proposal of this paper is to improve the nutritional status of students, mainly to observe the body mass index (BMI), dietary structure condition, three major nutrition elements power indicators than three aspects, at the same time by using SPSS software to observe if there is a significant change in the three indexes. And experiment keep in addition to body mass index (BMI), dietary structure condition, three major nutrition elements index factors other than the same power than three aspects, the results if there is a significant change that nutrition meal types has feasibility and practical significance of this article, if there is no significant change that nutrition suggesting lack of feasibility of this article.

3. Experimental Design

3.1. Questionnaire Survey Process

First, design, distribute and recycle questionnaires. Information questionnaire mainly includes two aspects: students' basic information investigation and nutritional status of the investigation, students basic information including gender, age, cognitive condition of nutrition and health, access to the nutrition knowledge, diet (that is, the early work of repast ratio), including the nutritional status of body mass index (BMI), dietary structure condition, three major nutrition elements power than the three aspects of information[15-16]. A combination of online questionnaire and offline questionnaire was adopted to collect the questionnaires. A total of 1200 questionnaires were issued and 1,150 valid questionnaires were recovered, with a recovery rate of 95.8%. The high recovery rate indicates that the data of this questionnaire survey has a certain validity, which provides a certain data basis for this study and is more conducive to the development of this study.

Secondly, the reliability and validity of the questionnaire were tested. Use heavy measurement method for the reliability test, and the content of the questionnaire were unchanged, a week after the issuance of the same questionnaire, test again after two kinds of results, and calculated the correlation coefficient of two surveys, it is concluded that the retest reliability of questionnaire correlation coefficient of $r = 0.985$, $p < 0.01$) shows two questionnaire has a high degree of correlation, the results of the questionnaire survey data and the results can be determined with very high reliability. Validity test was conducted according to formula (1) and expert interview results (it was agreed that the questionnaire was very reasonable) to determine the validity and correctness of the questionnaire measurement, which provided credible data support for this study.

$$r_{xy}^2 = \frac{S_y^2}{S_x^2} \quad (1)$$

Where, r_{xy} is the validity coefficient of measurement, S_y^2 is the effective variance, and S_x^2 is the total variance.

Then, the data obtained from the questionnaire were sorted out. It mainly includes gender, age, cognition of nutritional health, access to nutritional knowledge, eating habits (the proportion of breakfast, lunch and dinner), body mass index (BMI), dietary structure and energy ratio of the three major nutritional elements in the investigation information of nutritional status. Which is set to the male, the female gender, the age is set to 18, 19, 20, 21, 22, the cognition to the nutrition and health condition is set to match diet (divided into basic not to eat, occasionally to eat, often with diet and always eat four options) and to measure the understanding of the nutritional status (divided into don't know, know very early, and just found out that the three options), to access to the nutrition knowledge is set to the relatives and friends, the network media and books three options, diet mainly statistics of middle-late early dining proportion, Body mass index (BMI) was set as underweight, normal, obese and overweight, dietary status was set as the ratio of actual intake to the

recommended amount, and the energy supply ratio of the three nutrient elements was set as the proportion of people below the standard, meeting the standard and above the standard.

Finally, correlation analysis is carried out on the collated data. It is mainly to analyze the nutritional status of dance majors according to the number and proportion of each option sorted out, and put forward Suggestions on nutrition catering according to the nutritional status of dance majors, so as to provide content and data support for comparative studies.

3.2. Comparative Study Process

First of all, the nutrition catering Suggestions in this paper are sorted out, and a relatively specific nutrition catering scheme is formulated and distributed to students, so that students have a full understanding of the experiment of nutrition catering.

Secondly, an experimental group and a control group were set. The independent variable was diet strategy, while the dependent variable was body mass index (BMI), dietary structure status and energy supply ratio of the three major nutritional factors. The dietary strategies in the experimental group were suggested in this paper, while the dietary strategies in the control group were in accordance with the daily dietary habits of dance majors. Information other than variables remained consistent, such as the number of students in the experimental group and the control group and the age distribution.

Finally, differences in body mass index (BMI), dietary status, energy supply ratio of the three major nutritional factors and other information other than variables were used before and after the T-test experiment (questionnaires were distributed before and after the experiment). If the body mass index (BMI), dietary structure status and energy supply ratio of the three nutrition elements showed significant differences between the two groups before and after the experiment (the result of T-test $P < 0.01$), it indicated that the nutrition and health catering Suggestions in this paper were feasible and could be promoted among dance majors. Because the information other than variables remained unchanged in the experiment, the difference of other information other than variables was not significant, that is, when T-test was carried out, the P values of these factors were all greater than 0.05, showing no significant difference.

4. Results Analysis and Discussion

First, the results of the questionnaire survey were analyzed, the relevant information of the questionnaire survey was summarized, and the visual chart was formed and interpreted. Secondly, according to the analysis of the questionnaire results, nutrition catering Suggestions are given. Finally, T test results are analyzed and discussed.

4.1. Analysis of Questionnaire Results

The relevant information of the questionnaire survey is sorted out and summarized. Firstly, the basic information of the interviewees in five aspects including gender, age, cognition of nutritional health, access to nutritional knowledge and eating habits was summarized. The gender and age are shown in Figure 1, the cognitive status of nutritional health is shown in Figure 2, and the information of access to nutritional knowledge and dietary habits of interviewees is shown in Figure 3. In Figure 1 can be seen in the questionnaire survey of respondents sex ratio is relatively close, and the vast majority of respondents aged 20 years old, followed by the age of 19, respondents, then, in turn, is 18 years old of respondents and 21, 22 respondents of the respondents, the overall situation questioned age distribution is more homogeneous.

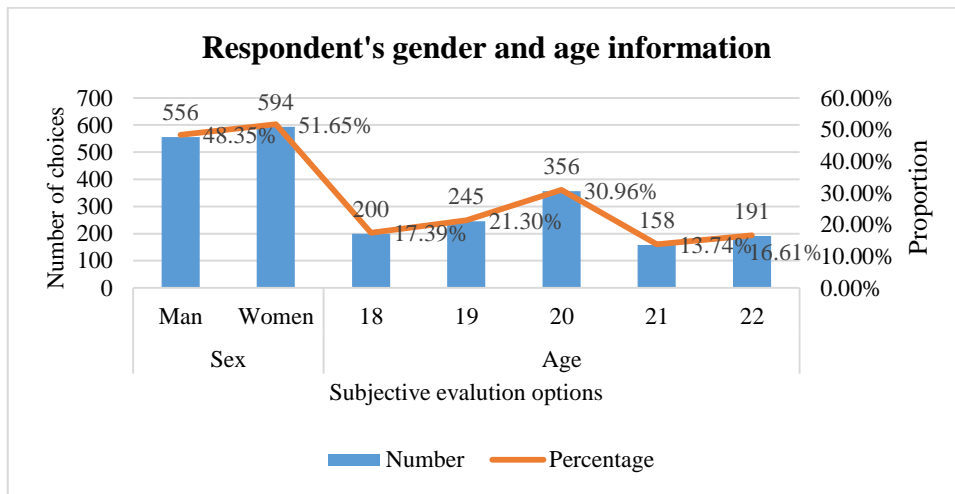


Figure 1. Gender and age information of interviewees

As can be seen from Figure 2, nearly half of the interviewees have relatively poor nutrition knowledge and they do not change their eating habits. They are in the stage of eating what they have, accounting for about 48%. Twenty-one percent have made occasional changes to their eating habits to improve their health, 20% have made regular changes to their eating habits, and only 8.7% have constantly adjusted their diet to improve their health. The understanding of measuring nutritional status is not optimistic. 42% of respondents have little understanding of the meaning of measuring nutritional status and do not know how to measure their own nutritional status. A small minority 22% learned early on what it means to measure nutrition. A further 34% said they had some idea of what it means to measure nutritional status when they filled out the questionnaire. It fully shows that dance majors do not have strong awareness of nutrition and health, so schools or mass media are needed to strengthen the awareness of nutrition and health of dance majors.

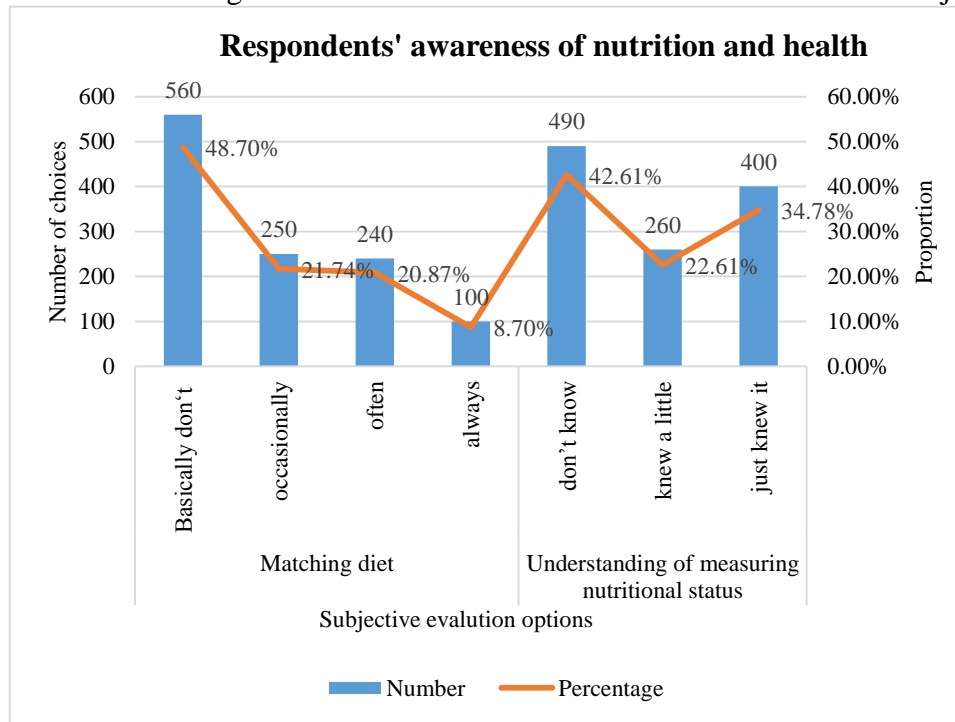


Figure 2. Respondents' perception of nutritional health

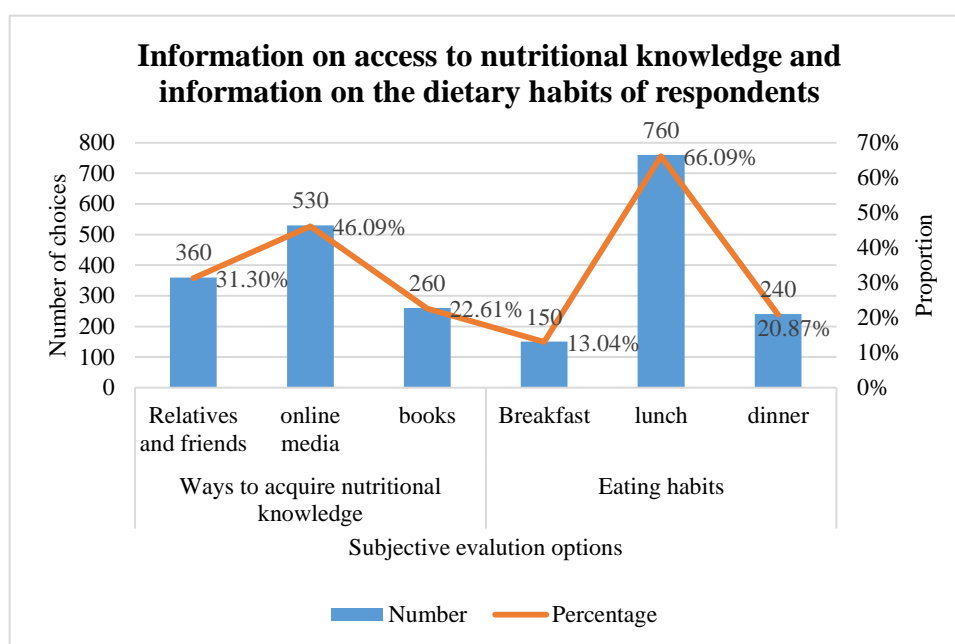


Figure 3. Access to nutritional knowledge and dietary habits of interviewees

In Figure 3, we can see that the interviewees acquire nutrition knowledge mainly through three channels: relatives and friends, online media, and books and periodicals. The second is to obtain nutrition knowledge through relatives and friends; Finally, 22% of the respondents said they learned about nutrition and health through books and periodicals. This phenomenon is consistent with the characteristics of the Internet era. Most information is published on the Internet platform in relatively vivid audio and video, which increases students' interest and effectiveness in obtaining information through this way. In the survey of eating habits, we found that very few students eat breakfast, this proportion is only 13%, but scientific research shows that eating breakfast helps to improve people's physical health. Most students choose to skip breakfast and go straight to lunch, 66% of the time. The remaining 20% choose to have dinner instead of breakfast and lunch, which is not conducive to the healthy development of students' nutrition. It is necessary to urge students to have three meals a day by improving school nutrition and meal allocation, so as to ensure the nutritional health level of students.

Secondly, the survey information on the nutritional status of dance majors not included in this paper was summarized, including body mass index (BMI) (see Table 1), dietary structure (see Figure 4), and energy supply ratio of the three major nutritional elements (see Table 2). In Table 1 we can see that in 22.6% of all respondents in the weight is too low, only 39.1% of normal weight students, 26.1% of the students in the obese, and 12.2% of the students is overweight, it shows that students' body weight is seriously affected by the nutrition diet, should pay attention to the nutrition of the student and a healthy diet.

Table 1. Distribution of BMI values of the respondents

BMI	Num	Percentage
Underweight	260	22.6%
normal	450	39.1%
obese	300	26.1%
overweight	140	12.2%

Based on the dietary review survey, the average daily intake of each respondent of various types

of food was calculated, and then the daily energy requirements were determined according to the intensity of labor, based on which the recommended daily intake of each person of various types of food was determined accordingly; Finally, the actual intake per person can be calculated as the recommended intake. In Figure 4, we can see that the intake of cereals, potatoes, eggs, cooking oil and salt is much higher than the recommended intake, which is not conducive to healthy development. Vegetables, soybeans and products are lower than the recommended intake, and the intake is insufficient. Fruits, poultry and poultry, fish and shrimp, milk and dairy products are much lower than the recommended intake, and the intake is seriously insufficient, and the long-term intake will affect the metabolism of human body. The information in Figure 4 should be taken into account when proposing nutritional meal Suggestions, so as to propose more reasonable nutritional meal Suggestions for dance majors.

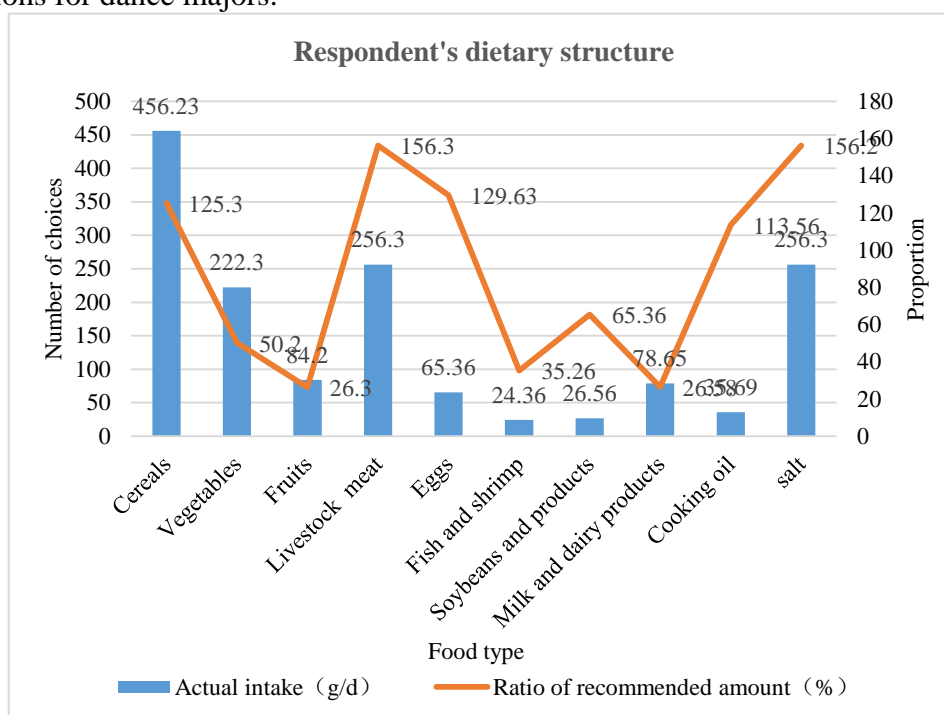


Figure 4. Dietary structure of interviewees

In Table 2, we can see that less than half of the students' protein energy ratio meets the standard, and the number of students higher than the standard and lower than the standard add up to more than half. More than half of the students had a fat-function ratio that exceeded the standard, and only 31% had a fat-function ratio within the standard range. Only 13% of the people who met the recommended energy ratio for all three nutrients.

Table 2. Energy ratio of the three major nutritional elements of the interviewees

Nutrient	Percentage of people below standard	Proportion of people meeting the standard	Proportion of people above the standard
Protein	23%	45%	32%
Fat	16%	31%	53%
Carbohydrates	59%	30%	11%

4.2. Nutrition Catering Suggestions

(1) Suggestions for nutrition improvement

First according to the result of questionnaire survey, this paper combined with the status summed up the three nutrition improvement Suggestions: one is to improve the dance students understanding of nutrition knowledge and prompt it to form a scientific diet concept, put forward proposals to improve the students obtain scientific knowledge of nutrition is the cause of channel is random, lack of scientific system of know the science of nutrition education and specification, add some form of dancers itself requirements; Two is to improve the diversity of the school canteen food supply, this is the direct way to improve the nutritive condition of dance students, on the one hand, the canteen food diversity and science catering can increase the number of students go to the canteen and relevant proportion, on the other hand the canteen food science catering to a certain extent, to ensure that the student's healthy diet, reducing the risk of the nutrition disequilibrium; Third, help dance majors to formulate a reasonable diet structure, avoid eating too greasy, reduce the intake of carbohydrates, avoid eating too much protein and appropriately increase the intake of cereals and potatoes, which can not only maintain the shape of dance majors but also ensure the normal metabolic requirements of the body.

(2) Formulation of nutritional meal plan

According to the relevant status and recommendations to develop a more specific nutritional meal plan, mainly including four aspects.

The first is to determine the energy intake of three meals for dance majors. The energy intake of dance majors should be compared with that of middle manual workers, and there is a certain difference between male and female students. According to relevant studies, the energy distribution ratio of three meals a day should be 3:4:3, with the total energy intake of 2,700 kJ for male students and 2,400 kJ for female students. According to the energy distribution ratio, the energy intake of male students for breakfast, lunch and dinner is 810 kJ, 1080 kJ and 810 kJ respectively, while that of female students is 720 kJ, 960 kJ and 720 kJ respectively.

The second is to determine the variety and amount of food for dance students. Food varieties are divided into four categories: staple food varieties, vegetable and fruit varieties, animal food and milk varieties and edible oil varieties. The staple food is mainly grain, which contains about 80% carbohydrate and the carbohydrate energy ratio is between 55% and 65%. Based on girls' total energy intake of 2,400 kJ, the food intake should be between 412 and 487 grams. The intake of vegetables and fruits should be in the range of 400-500g (daily supply) and 100-200g (daily supply), and the starch content of different kinds of fruits and vegetables should also be considered. Animal food and milk mainly provide protein for human body, and its supply quantity should be considered appropriately on the basis of the intake of staple food. The intake of edible oil is generally around 23g, depending on the difference between the amount of body fat needed and the fat content in food, and the intake of edible oil is decided flexibly according to the daily energy intake.

Then determine the supply of the three nutrients for dance majors. The calories required by the human body are equal to the total energy intake of the human body, in which protein supply accounts for 13% of the required calories, fat supply accounts for 23% of the required calories, and carbohydrate supply accounts for 64% of the required calories. The female dance majors should eat 312 grams of protein, 600 grams of fat and 1,536 grams of carbohydrates. Dance majors need to eat 351 grams of protein, 621 grams of fat and 1,728 grams of carbohydrates.

Finally, the nutritional dietary considerations include the type and quantity of breakfast, lunch and dinner. The canteen should provide a moderate amount of breakfast food, including soy milk, milk or eggs to ensure the intake of protein. The quantity of Chinese food can be a little richer, considering the combination of meat and vegetable as well as the configuration of hot soup. Dinner

food should be light and refreshing, and the choice of ingredients should be as simple as possible.

4.3. Comparative Analysis and Discussion

After a period of diet experiment for the experimental group and the control group, the information of body mass index (BMI), dietary structure status and energy supply ratio of the three major nutritional factors of students in each group was statistically analyzed, and the data were used for SPSS difference test. Difference test results as shown in Table 3, respectively, in Table 3 the three p values are less than 0.01, shows that two groups of students in body mass index (BMI), dietary structure condition, the three major nutrition elements power significant differences than on three indicators, at the same time also shows that the proposed nutrition catering advice helps to improve the students' physical constitution, and to improve the dietary structure of the students and ensure that three main factors for students majoring in dance power ratio. The results of the comparative study show that the nutrition catering Suggestions in this paper have certain feasibility and practical significance, which can be promoted in other schools, in order to achieve the comprehensive and healthy development of students majoring in dance.

Table 3. Difference test results

Index	Group	Average value	Standard deviation	Mean difference	T value	P value
Body Mass Index	Test group	96.3	12.3	3.56	4.698	0.000
	Control group	75.6	3.5			
Dietary status	Test group	98.3	15.3	5.68	4.369	0.000
	Control group	85.6	4.6			
The energy supply ratio of the three major nutrients	Test group	95.6	16.7	5.25	4.563	0.000
	Control group	80.2	4.3			

5. Conclusion

In order to ensure the students' body health and metabolism function play well, the study of this paper is of great significance to maintain the physical health level of dance majors. By combining nutrition and health courses with nutrition and meal preparation, students majoring in dance are encouraged to pay attention to their own physical health in both direct and indirect ways. Nutritional supplement is a scientific and healthy way of eating. It takes scientific nutrition theory as the theoretical guidance. Students should have a balanced intake of staple food, protein, vegetables, fruits and fats. At the same time, in the process of energy intake, choose more diversified food materials as far as possible, which can not only ensure balanced nutrition, but also ensure good health. Dance on the one hand, students need continuous training to improve their professional skills, on the other hand also need to improve their physical quality and keep the body shape is beautiful, so if students want to elevate their own dance learning level to a higher level, you need to use nutrition catering to meet their body and dance training requirements needed for growth. At the same time, it is also necessary to make appropriate adjustments to the nutritional collocation

of dance majors, which will vary from person to person, so as to provide more effective help for the development of dance students. In this paper the present situation of the students of our school dance in the certain investigation and research, and puts forward some Suggestions of related nutritional meals, hope to study in this paper, the dance can not only help students to keep a good body, at the same time should also promote the physical health of balanced development, in order to realize the comprehensive health development of dance majors.

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Data Availability

Data sharing is not applicable to this article as no new data were created or analysed in this study.

Conflict of Interest

The author states that this article has no conflict of interest.

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