

**UNIVERSITI TEKNOLOGI MARA
CAWANGAN TERENGGANU
KAMPUS DUNGUN**

FACULTY OF HOTEL & TOURISM MANAGEMENT

**KNOWLEDGE, ATTITUDE AND PRACTICE
RELATING TO FOOD SUPPLEMENT INTAKE
AMONG UNIVERSITI TEKNOLOGI MARA (UITM)
TERENGGANU STUDENTS**

**NUR ATHIRAH BINTI MUHAMAD SOBRI (2014597501)
NURUL NATASHA AZIRA BINTI SHAHRUDIN (2014325641)**

This undergraduate report (HTM655) submitted in partial fulfilment of the requirements for the
degree of

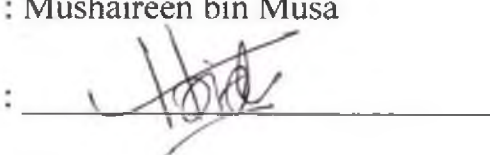
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DECLARATION

We hereby declare that the work contained in this research we carried out in accordance with the regulations of Universiti Teknologi MARA (UiTM) and is our own except those which have been identified and acknowledged. If we are later, found to have committed plagiarism or other forms of academic dishonesty, action can be taken against us in accordance with UITM's rules and academic regulations.

Name of student : Nur Athirah Binti Muhamad Sobri
Matric number : 2014597501
Name of student : Nurul Natasha Azira Binti Shahrudin
Matric number : 2014325641
Program : Bachelor of Science (Hons.) Foodservice Management
Faculty : Hotel and Tourism Management
Research title : Knowledge, Attitudes and Motivation Relating to Food Supplement Intake among Universiti Teknologi Mara (UiTM) Terengganu Students
Name of supervisor : Mushaireen bin Musa
Signature : 
Date : 17 December 2017

ABSTRACT

The research study paper is about determine the level knowledge, attitude and practices relating to food supplement intake among Universiti Teknologi Mara (UiTM) Terengganu students. Food supplement which is also known as dietary supplements are popular in so many countries including Malaysia. The data is available by the target population which is university students on their food supplement intake. The result of the collecting data is obtained by 186 respondents and captured by using a set of questionnaire with four sections. Since the university students has variety habits, characteristics or lifestyle, their intake of food supplement may differ from the general population. The result reveal that the students have a lot of knowledge about the food supplement intake and only a few of them are not sure with the answer. They also have a good attitude and well practices towards food supplement intake. Food supplement also may be used in context of healthy lifestyle or as compensate for unhealthy lifestyle. The design of this research study is quantitative approach. This study investigate the effects of three independent variables which are knowledge, attitudes, practice and dependent variable which is food supplement intake

Keywords: knowledge, attitude, practice food supplement

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