

NO TIME TO EAT WELL

STUDENTS TAKE MUNCHIES OVER MEALS

BY GRACE KIMPINSKI

This past week I wandered around campus asking students if they put much thought into their nutritional intake. As we all know, most of us have a 'quick fix' from the vending machines, which really do not contain very nutritional foods.

To my astonishment, many people said they really do not think about it at all. Most students do not worry about what they eat. Why is this?

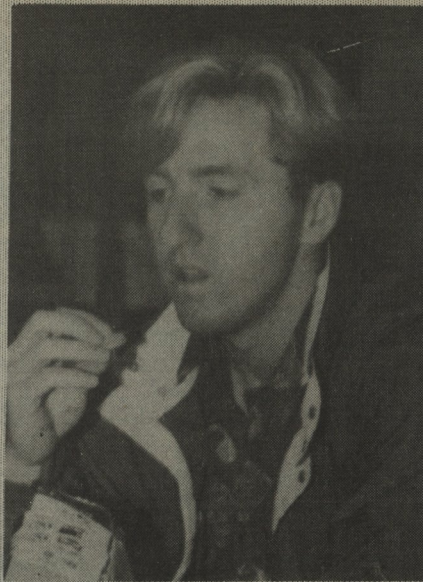
To be honest, when I sat down and thought about my day, I realized that I do not put much consideration into what I eat either. I am one of the lucky ones. My father always makes me breakfast in the morning before I go to classes, and when I get home at night, supper is always waiting there for me. Most days I make a lunch to take to school, but there are some mornings when I just do not have the time.

This is the way it is for most students. Time is a major factor in eating proper foods. If we look at the average university student, his/her day consists of classes, studying and working on assignments, leaving very little time for proper meals.

Many students stay up later than they should for various reasons, so in the morning, sleeping in the extra ten or fifteen minutes it takes to eat breakfast is a priority. I guess we figure that the snooze is better for us than the meal, yet we seem to forget that our energy comes from the food we eat.

Making lunch is a real hassle, believe me, I know, but a sandwich, apple and juice is much better for us than a bag of chips and a pop. Supper is not a problem, we always manage to get something good to eat even if it is not until ten o'clock in the evening.

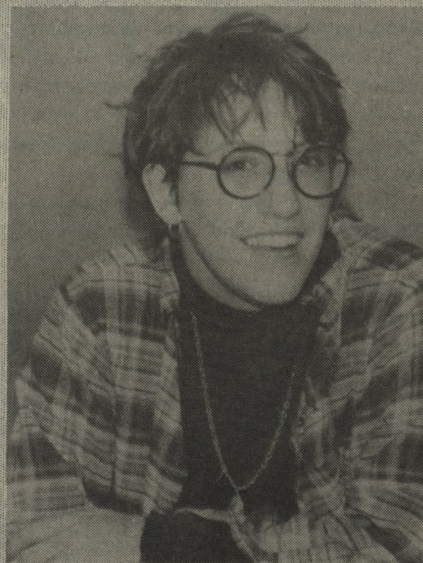
Many students have more important things to do with their lives than sit around and ponder their nutritional intake, as I realized last week. Education is, for the most part, the top priority in a student's life; otherwise, we would not spend as much money on it as we do. With everything we have to do as students, how can we take time out for minor inconveniences such as eating properly? As long as we have so much work to chew on, nutritious eating may be hard to swallow.



Rick Gallant,
fourth year political science
"Tastes good, cheaper to buy."



Frank Arsenault,
second year, business
"It fills the stomach and is also nutritional."



Natasha MacFadyen,
first year, engineering
"I don't like fruits and vegetables."



Deborah Thompson,
third year, psychology
"It's easy and delicious, also fast, extremely bad."