

REFERENCES

- Aliaga,M. and Gunderson, B. (2015). *Interactive statistics*. Thousand Oaks: Sage Publications.
- Apuke,O.D. (2017). Quantitative Research Methods : A Synopsis Approach. *Kuwait Chapter of Arabian Journal of Business and Management Review*, 6(11), 40–47.
<https://doi.org/10.12816/0040336>
- Ashraful,M. (2018). *Factors influencing eating behavior and dietary intake among resident students in a public university in Bangladesh: A qualitative study*:journal of Lancet ,45(6),23-28
- Bryman,A. (2013). *Social Research Methods*. New York: Oxford University Press.
- Bree,K.L. (2019). *Healthy & Eating* : Journal of Immunology,68(6),39-47
- Bell,P. (2022). *Chinese people regain healthy eating culture* .Retried on 24th January, 2022 from:<http://wenku.baidu.com>.
- Cassadee,O. (2012). *Eating habits and physical activity: Health in Sweden*: journal of public Health.Supplement 9 (1)164-175
- Cathie Martin. (2017). *Medicine is not health care, food is health care*: journal of Wiley,216(3) 699-719
- Cheng Yiyong. (2018). *Chinese eat too "hot!"*Chinese journal of healthy eating ,25(12),51-56.
- Connolly,P. (2017). *Qualitative Data Analysis in Education: A critical introduction using SPSS*. London: Routledg
- Carlos,I. (2021). *Food and Healthy eating behaviour* Retried on 14th February, 2021 from:<http://wenku.baidu.com>.

- Deng Jie. (2021). *Analysis on Intention of Rural Low-Carbon Consumption Behavior*.
Retried on 1st March,2021 from:<http://www.cnki.net/>
- Denscombe,M. (2015). *The Good Research for Small –Scale Social Research Project*.
Philadelphia: Open University Press.
- Emily,A.Schmied. (2014). *Family Support Is Associated With Behavioral Strategies for Healthy Eating Among Latinas*: journal of Health Education & Behavior,41 (1),34-41
- Ella,Y. (2022). *Factors that lead to eating disorders in children / adolescents*: journal of Health Education & Behavior,36(1),14-17
- Ester,N. (2019). *Built and social environmental factors influencing healthy behaviour in older Chinese immigrants to Australia: a qualitative stud*:journal of Australia 39(1),19-21
- Emily,S. (2016). *How to make Chinese people much healthier than before ?* Retried on 18th November, 2016 from:<http://wenku.baidu.com>.
- Gorard,S. (2011). *Quantitative Methods in Educational Research: The role of numbers made easy*. London: The Tower Builds
- Guo Xin. (2021). *Effects of eating habits on human health*:Chinese journal of healthy eating ,34(4),23-25
- Hendy,W. (2021). *Healthy Consumption about Chinese*:Chinese journal of healthy eating ,68(2),59-61
- Igwenagu,C. (2016). *Fundamentals of Research Methodology and Data Collection*.
LAP Lambert Academic Publishing, June,4th.
<https://www.researchgate.net/publication/>.

- Janet Polivy and C.Peter Herman. (2019). *Eating behaviour and mental health*:Canadian Journal of Public Health,19 (2) ,43-46
- Jiang Huai. (2019). *How dangerous is salt* .Retried on 28th December ,2019 from:
<https://rmh.pdnews.cn>
- Jin Na. (2019). *What is Data Analysis?* Retried on 5th June
from:<https://mbd.baidu.com/ma/s/HnadqTXf>
- Justin Ezekowitz et al. (2019). *Health effects of dietary risks in 195 countries* .journal of Lancet ,48(6),53-58
- Jiang Wen. (2017). *Chinese awareness of healthy eating behaviour*
Chinese journal of healthy eating ,21(3),35-38.
- Li He. (2018). *Chinese awareness of healthy eating behaviour*:
Chinese journal of healthy eating ,19(3),37-38
- Lin Yun. (2019). *Chinese concept of healthy eating behaviour* Retried on 24th
September, 2019 from:<http://wenku.baidu.com>.
- Leedy, P. & Ormrod, J. (2011). Practical research: *Planning and design* (7th ed.).
Upper Saddle River, NJ:
- Li Na. (2021). *Dietary Nutrient Intake of Chinese Residents*.Retried on 25th
September, 2021 from:<http://wenku.baidu.com>.
- Li Wen. (2021). *Sampling Population - MBA Think Tank Encyclopedia* .Retried on 1st
May,2021 from : <https://wiki.mbalib.com/wiki/%E6%8A%BD%E6>
- Li Wenhua. (2022). *TPB, Theory of Planned Behavior*.Retried on 12th October ,2022
from: <https://mbd.baidu.com/ma/s/WEjyId6v>
- Li Xiang.(2020). *Dietary structure and existing problems of Chinese residents*.Retried on 25th March ,2020

- from:https://www.bilibili.com/read/mobile?id=8670090&ivk_sa=1024320u
- Liang Na. (2021). *Six essential nutrients for the human body*.Retried on 24thJune ,2021 from:<http://wenku.baidu.com>.
- Lichtman,M. (2006). *Qualitative Research in Education: A User's Guide*. London: SAGE Publication.
- Lichtman,S. (2013). *Qualitative Research in Education: A User's Guide. (3rd ed)*. USA: SAGE Publication
- Liu Qianqian. (2021). *BMC public health .(4rd ed)*. USA: SAGE Publication
- Lin Ye. (2021). *What are the reliability*:Chinese journal of data analysis ,20(4),31-35
- Liu Xiao. (2021). *A Brief Talk on Healthy Eating in Today's Society*:Chinese journal of healthy eating ,45(6),51-54
- Lorna,N. (2014). *Diet behaviour among young people in transition to adulthood (18–25 year old): a mixed method study*,32(6),21-24
- Livena,J. (2010). *Barriers to healthy eating among Norwegian-Pakistani women participating in a culturally adapted intervention*.Journal of Public Health ,38(5),52-59
- Ma Li. (2021). *Stratified sampling*.Retried on 4th September ,2021 from :<https://mbd.baidu.com/ma/s/DLIEYSZi>
- Muijs,D. (2015). *Doing Qualitative Research in Education with SPSS*. London: SAGE Publication.
- Nick,L. (2018). *How to define gaps in research types?* Retried on 15th December, 2016 from:<http://wenku.baidu.com>.
- Rong Ying. (2021). *What are the disadvantages of foods with high sodium content?*
- Rex,N. (2019). *How to own healthy living ?* Retried on 5th November, 2019

from:<http://wenku.baidu.com>.

Sharp,M. (2022). *Healthy Eating Consumption of Chinese People*.Retried on 5th December, 2022 from:<http://wenku.baidu.com>.

Slotter,S. (2021). *The focus of Chinese people's healthy diet*:Chinese journal of healthy eating ,35(11),44-46.

Tong Wei. (2018). *TPB Model and Analysis of User Information Consumption*.Retried on 24th February ,2018 from:<https://www.wenmi.com/article/pvjppy0041o7>.

Wang Hao. (2018). A few general questions in the questionnaire - Mobile Phone Love Ask. Retrieve on 28th July ,2018 from:<https://m.iask.sina.com.cn/jxwd/1nwnv0nylCc>.

Wang Na. (2018). *Diet Status of Chinese Residents*.Retried on 1st March,2018 from : <http://wenku.baidu.com>.

Wei Lin. (2017). *What is the difference between a small sample and a large sample?* Retried on 1st March,2017from :<https://mbd.baidu.com/ma/s/DL>

Wei Na. (2019). *How unhealthy is the Chinese diet? Takeaway is the culprit!*Retried on 21st July ,2019 from: <https://ml.mbd.baidu.com>

Wu Di. (2022). *Behind China becoming the country with the most fat people* .Retried on 2nd June,2022 from: <https://mr.mbd.baidu.com>

Wu Xiaoyi. (2019). *Theoretical Model of Planned Behavior*.Retried on 21st March,2019 from: https://vibaik.com/108374/?ivk_sa=1024320u


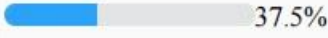
Zhang Guoli. (2021). *Social Science Statistical Software Package_Baidu Encyclopedia*.Retried on 21st March ,2021 from:<https://mbd.baidu.com/>

Zhang Xin. (2016). *Over 50% of the residents in our country have a seriously unbalanced diet!* Chinese journal of healthy eating ,20(3),34-38.


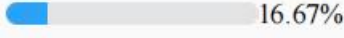
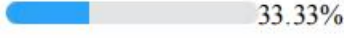
APPENDIX :

GRASP FACTORS OF CONSUMPTION BEHAVIOUR OF HEALTHY EATING OF CHINESE PEOPLE: CASE STUDY IN SHAN DONG, CHINA


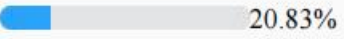

NO.1 Your gender?

Options	Quantity	Ratio
A.Femslle	15	 62.5%
B.Male	9	 37.5%
Valid Times	24	



NO.2 How old are you?

Options	Quantity	Ratio
A.20-30years old	12	 50%
B.30-40years old	4	 16.67%
C.40-50years old	8	 33.33%
Valid Fill Times	24	

NO.3 What is your attitude towards healthy eating?

Options	Quantity	Ratio
A.Support	18	 75%
B.Object	5	 20.83%
C.Neither	1	 4.17%
Valid Fill Times	24	



NO.4 Do you agree healthy food will make you healthy?

Options	Quantity	Ratio
A.Yes	20	 83.33%
B.No	4	 16.67%
Valid Fill Times	24	

NO.5 Do you often to buy green and healthy?

Options	Quantity	Ratio
A.Yes	12	 50%
B.No	12	 50%
Valid Fill Times	24	



NO.6 Do you overeat if you are in a bad mood or stressed?

Options	Quantity	Ratio
A.Yes	15	 62.5%
B.No	9	 37.5%
Valid Fill Times	24	

NO.7 Do you think eating healthy will make you feel better every day?

Options	Quantity	Ratio
A.Yes	13	 54.17%
B.No	11	 45.83%
Valid Fill Times	24	

NO.8 Do you often consume healthy food every week?

Options	Quantity	Ratio
A.Yes	15	 62.5%
B.No	9	 37.5%
Valid Fill Times	24	

Result & Analysis

Factors Influencing Chinese People's Consumption of Healthy Diet

Q1: What is your attitude towards healthy eating?

Chen Long: Support, it lets me feel happy when i get used to healthy eating.

Wang Yi: Support, i like it.

Mo Fan: Support, it is good for our health.

Liu Tong: Support, it lets my body feel relaxed.

Li Hang: Support, it is my way to eat,

Bai Bing: Support, I benefit from it a lot.

Feng Min: Yes, i support.

Wu Heng: Support, i am the one who likes healthy eating.

Wong Juan: Support, really good .

Wang Gen: Support, really good for my body.

Gan Ying: Support, this way i really like .

Wang Hao: Support, it can let me keep healthy.

Zhao Bing: Support, it can keep my body shape.

Zhou Qi: Support, it can let me keep slim.

Wang Xin: Support, it can let my blood more cleaning.

Liu XU: ohh, yes, very support.

Yang Yang: Support. Me and my family both like it.

Lu Chang: Yes, it can let me be happy and healthy.

Liang Ying: Object, it cannot let me feel happy .

Qi qi: Objective, i like junk food, they taste really good for me.

Tian Tian: No, objective.

Zhang Lili: No, objective, i like eating high fat food.

Xu Hai: Objective, feel unhappy.

Peng Xushuai: Neither, i like eating freely.

Q2: Do you agree healthy food will make you healthy?

Chen Long: Yes, i agree.

Wang Yi: Yes, it can make me healthy.

Mo Fan: Yes, absolutely.

Bai Bing: Yes, i agree with it.

Feng Min: Yes, i really feel good when i like eating healthy food.

Wu Heng: Yes, it is good, and i get a lot benefit from it.

Wong Juan: Yes, i agree.

Wang Gen: Yes, i like healthy food.

Gan Ying: Yes, why not, i feel it is a good diet.

Wang Hao: Yes, it is my way to eat.

Zhao Bing: Yes, really can let my body in a healthy statement.

Zhou Qi: Yes, i totally agree with it.

Wang Xin: Yes.

Qi qi: Yes, by eating healthy food, i lost so much weight.

Liu XU: Yes, healthy food is good for myself, i like it.

Yang Yang: Yes, i agree with it.

Lu Chang: Yes, really good.

Liang Ying: Yes, healthy food let my body feel more light.

Tian Tian: No, it looks not very delicious, i like eating salt and spicy food.

Zhang Lili: No, i disagree with it.

Xu Hai: No, i don not think so.

Peng Xushuai: No.

Q3: Do you often to buy green and healthy?

Chen Long: Yes, i do..

Wang Yi: Yes , it can make me healthy.
Mo Fan: yes, it is good for our health.
Liu Tong: yes, it lets my body feel relaxed.
Li Hang: yes, it is my way to eat,
Bai Bing: yes, I benefit from it a lot.
Feng Min: Yes, i often.
Wu Heng: Yes, i am the one who likes buying green and healthy.
Wong Juan: Yes .
Wang Gen: Yes, really good for my body.
Gan Ying: Yes, this way i really like .
Wang Hao: Yes, it can let me keep healthy.
Zhao Bing: No, too expensive.
Zhou Qi: No, it is too difficult to buy it not junk food.
Wang Xin: No, i like buy what i want to buy.
Liu XU: ohh, no.
Yang Yang: No, just sometimes when i want to eat it.
Lu Chang: No,, not often.
Liang Ying: No, feel not delicious .
Qi qi: No, i like junk food, they taste really good for me.
Tian Tian: No, i like to buy high calories food.
Zhang Lili: No,, i like eating high fat food.
Xu Hai: No , feel unhappy .
Peng Xushuai: No, feel tasteless.

Q4: Do you overeat if you are in a bad mood or stressed?

Chen Long: Yes, often.
Wang Yi: Yes, i usually eat a lot when i am in a bad mood or stressed.
Mo Fan: Yes, it can minus my stress.
Liu Tong: Yes, it is my way to get relaxed.
Li Hang: Yes, i like this way,
Bai Bin: Yes, usually go to restaurant to eat a lot..
Feng Min: Yes, why not, it can let me happy.
Wu Heng: Yes.
Wong Juan: Yes, it let me feel well .
Wang Gen: Yes, usually do it.
Gan Ying: Yes, this way i really like .
Wang Hao: Yes, it can let me keep happy.
Zhao Bing: Yes, really like.
Zhou Qi: Yes,, it can let me release.
Wang Xin: No, never do it.
Liu XU: No, not a smart way to release.
Yang Yang: No. Me and my family both don't like it.
Lu Chang: No, it will gain my weight.
Liang Ying: No, i usually do sports .
Qi qi: No, i dislike junk food although they taste really good .
Tian Tian: No, objective.
Zhang Lili: No, objective, i like eating healthy food.
Xu Hai: Objective, feel unhappy .
Peng Xushuai: No, feel unhealthy.

Q5: Do you think eating healthy will make you feel better everyday?

Chen Long: Yes, i think so.
Wang Yi: Yes , it can make me feel better.
Mo Fan: yes, it is good for me.
Liu Tong: yes, it lets my body feel relaxed.

Li Hang: yes, i do.
Bai Bing:yes,I benefit from it a lot.
Feng Min: Yes,i think so.
Wu Heng: Yes,it really let me feel better than before.
Wong Juan:Yes .
Wang Gen: Yes,really good for my body.
Gan Ying: Yes,i agree with it ,this way i really like .
Wang Hao: Yes, it can let me keep healthy.
Zhao Bing: Yes,i totally agree with this point.
Zhou Qi:No, it is too difficult to buy it not junk food.
Wang Xin:No, although it id healthy,i am unhappy .
Liu XU:ohh,no.
Yang Yang: No,high fat and calories food can let me feel better.
Lu Chang:No,i don not think so.
Liang Ying:No,feel it is meaningless when i live .
Qi qi:No,i like junk food,they taste really good for me.
Tian Tian: No, i like to buy high calories food.
Zhang Lili:No,,i like eating high fat food.
Xu Hai:No,feel sad.
Peng Xushuai:No,feel tasteless,the whole day i will be unhappy.

Q6:Do you often consume healthy food every week?
Chen Long: Yes,i often buy some healthy food.
Wang Yi: Yes , i want to keep fit,so most of time i will consume healthy food.
Mo Fan:yes,it is good for my body.
Liu Tong:yes, it is healthy,why not consume more.
Li Hang: yes, i do.
Bai Bing:yes,I benefit from it a lot.
Feng Min: Yes,i usually consume.
Wu Heng: Yes,it really let me feel comfortable,so i choose to consume them.
Wong Juan: Yes .
Wang Gen: Yes,i often consume healthy food..
Gan Ying: Yes,this way i really like .
Wang Hao: Yes, i am fond of consuming it,because it can let me keep healthy.
Zhao Bing: Yes,i usually bought healthy food,it can let me feel happy.
Zhou Qi: Yes, it is too difficult to buy junk food for me because healthy diet.
Wang Xin: Yes, most of times that i will buy healthy food .
Liu XU:No,THE Price is not very friendly.
Yang Yang: No,they are expensive and it is not delicious.
Lu Chang:No,i don not like to buy.
Liang Ying:No,i just buy what i want to buy .
Qi qi:No,i like consuming junk food..
Tian Tian: No, i like to buy high calories food.
Zhang Lili:No,,i like eating high fat food.
Xu Hai:No,feel meaningless when i live everyday.
Peng Xushuai:No,i like to consume pizza and hamburgers.