

Middle School Students' Use of Food Delivery Survey

Jiaen Yang

Shenzhen College of International Education, Shenzhen, 518000, China

Abstract. This article mainly aims to discuss the direction of middle school students' use of food delivery, and uses the survey data to support the issues we are discussing. At the same time, we also discuss the development of national conditions from a practical point of view, so as to obtain influencing factors. In the end, we combined legal and educational issues to come up with a relatively appropriate solution.

Keywords: Middle School Students; Food Delivery; Solution.

1. Introduction

With the development of the technology and information age, the Internet has become an indispensable part of people's life by 2022 (Hao et al., 2022; Wu et al., 2022). With the development of the Internet and digital economy, some of the digital economy and the Internet are gradually combined with the traditional mode of production and life, and some new organizational models and production modes are derived, such as digital finance, Internet agriculture, digital transportation and so on. At the same time, the Internet also drives the construction of catering platforms, and more and more online catering apps emerge, such as Meituan, Elema and so on. It is also slowly becoming a habit among teenagers. Of course, this trend may also be closely related to the social environment. For a teenager, with a tight schedule that prevents them from spending more time enjoying a meal in a brick-and-mortar restaurant or cooking their own food, take-out has become hot. Because people only need to use their phones to choose what they want to eat, even the restaurant 6 or 7 kilometers away, people can enjoy the food they expect and save their limited time at the same time. According to a survey of middle and high schools in Henan province, 81 percent of middle school students and 72 percent of high school students use take-out food. As can be seen from the above statistics, take-out food has become a part of teenagers' life.

With the popularization of take-out food, people are using it more and more frequently (Zhang and Lei, 2016; Han et al., 2022). Especially during the epidemic period, schools are under strict control, and students' obsession with and dependence on take-out food is still very high. We have to admit that, along with the convenience brought by take-out, there are some other effects. The first problem is disease. Many take-out food ingredients are beyond people's control. Some businesses will use inferior food ingredients to save costs, which will lead to bad reactions in people's bodies. Of course, obesity is also one of the most common problems. Takeaways with high oil and salt will satisfy people in terms of taste, but also cause obesity. Especially in the tight study schedule, people have no time to exercise. Of course, money saving is also the reason why teenagers use take-out food. Since teenagers have no jobs to make money, the funds given by their parents are also very limited. However, on take-out platforms, merchants often offer some preferential policies, such as full discount and coupons. Compared with brick-and-mortar restaurants, these can greatly reduce the expenditure of teenagers and ensure that they can eat what they want. For the occurrence of these phenomena, the government can choose to strictly control the problem of food safety so as to reduce the disease caused by takeout. Of course, the harm of spreading takeout to teenagers will also reduce the disease problem from the root. However, for the discount of takeout, physical stores can set up some discount days or buy one get one free discount to attract teenagers to reduce the use of takeout.

First of all, this paper will make a contribution to the theme, because there may not be enough research on this aspect in the past, or it mainly focuses on the micro survey or questionnaire survey, lacking some macro analysis. The second point is the perspective of contribution, the previous research is more of a focus on college students' delivery using case study, the analysis of middle school students take-out is very weak, and had to admit that middle school students' use of take-away

food is more and more frequent, become the student research aspects of the diet of an important issue, in the case of middle school students takeout, It is also necessary to carry out scientific evaluation. Therefore, this paper will make a breakthrough from this whole perspective, extending the group of college students, namely the group of middle school students, and scientifically analyzing some factors and problems that may exist when middle school students use takeout. , of course, this paper also made some breakthrough from the research Angle of view, most previous studies are based on the delivery situation of college students' investigation and analysis, and the research has been a very rich, but about the middle school students take-out analysis and influence factors of evaluation, is actually tend to be more a lack of, This paper analyzes the use of takeout by this middle school student, which is helpful for our in-depth understanding or evaluation, or in-depth analysis of the widespread use of takeout by students, and provides some reference for subsequent research.

2. Analysis of influencing factors of middle school take-out

First of all, the most direct factor is economic factors, many school canteen because of the pursuit of high quality raw materials and expensive labor, so as to make the most of the school food more expensive, in this case the students under the conditions allow, can choose takeaway the channels, because from takeaway the channels prices generally will be cheaper than the school cafeteria or offline restaurant. The reason for the cheap delivery may be the reduction of labor costs, with the rise of major delivery platforms such as Meituan, Elema and so on. As long as the merchants join the platform, they only need to deliver the meals to the deliveryman of the platform, which greatly reduces the cost of waiters and dishwashers. For middle school students who have not yet worked, the daily living expenses are supported by their families, which may not be too abundant. In this case, students may choose the cheaper way. Take-out can greatly reduce the economic burden and cost of middle school students, so that they can easily solve the problem of eating, which is an important reason for middle school students to use take-out.

Secondly, from the perspective of convenience to analyze. It is relatively convenient for middle school students to use take-out food, especially in the era of modern logistics and the development of mobile software and the Internet. People only need a simple under the mobile phone a few, or through a touch screen, or by online this choice, they will be able to quickly choose the food they want, and then delivery can quickly through the platform of the rider on the order information, quickly go to businesses to collect food and then in a certain time arrived in the buyer, Thus greatly reducing the distance of the meal. So that students can eat what they want without walking thousands of miles. The inconvenience of family meals can also be a factor. With the popularization of middle school education, more and more middle school students may be able to receive secondary education, so in this case, parents' work will make middle school students can not be satisfied to have dinner at home. Therefore, compared to the high cost of hourly workers, it is cheaper and more convenient for children to order their own food.

Thirdly, it is their own reasons, but also some common problems common in contemporary middle school students, the first is due to the increase of learning pressure. With the progress of The Times, in fact, has brought a very big impact on the body and mind of middle school students. Therefore, in order to study, more and more middle school students may ignore some other interests, including their own health, their own some other arrangements and so on. This is a normal thing, because with the increase of pressure, the middle school students are forced to accept some sacrifices, some experiences and so on. For example, they might have preferred to eat offline in the past, and it might have been a bit more lively when people got together. However, because of this factor of study, they may give up some of the time they spend on other aspects in order to save time. So take-out is naturally a good choice. Secondly, the change of living habits is also a factor. Because of the changes in this era, it is possible that most people, not only middle school students, college students, and even higher age groups, may have also developed the habit of eating or using takeout, which is normal. In such a general environment, middle school students also pay less attention to their good living habits or the

cultivation of healthy living habits. Therefore, they may choose to eat takeaways or even use takeaways for a long time.

Fourth, the diversification of food delivery is also one of the factors for many candidates. Since students still prefer new things, the variety of takeaways will arouse their curiosity to try a variety of flavors. With the development of the economy, people's desire for a high standard of life, as well as the pursuit of delicious food, has prompted the emergence of many new dishes. In order to strengthen their sales and make profits, most restaurants choose to promote this purpose through online cooperation, or through APP, Meituan and other cooperation methods. For middle school students, the main reason why they like to eat takeaway is because the food in the cafeteria is relatively simple, day after day, students will definitely get tired of eating. Therefore, they may choose to change their tastes through takeout, get freshness, and better meet the diverse needs of this middle school student.

3. Analysis of the pros and cons of middle school students using takeout

The popularity of food delivery has brought huge changes to people's lives, with both advantages and disadvantages. First of all, the first benefit of takeout is convenience, which saves a certain amount of time. Because from the current situation, most middle school students do not have the time and energy to waste on meals. Especially with a series of educational policy reforms proposed by China in recent years, such as the suppression of extracurricular education, and the promotion of fertility to increase the number of candidates. These are the pressure on middle school students is increasing, and they also need to spend more time on study. So in this macro environment, it is often impossible to ask middle school students to enjoy delicious food, or to go home to cook and spend more time on eating. Secondly, the diversification of takeout can meet the fresh and complex needs of students. Due to the advancement of information technology and the development of the catering industry, the diversification of meals has been increasingly presented in front of people. For a young group like middle school students, they often have a strong pursuit of new things, and their needs in life are often complex and diverse. The large number of businesses that take-out can cover can meet the complexity and freshness of middle school students' dietary requirements to a certain extent. Especially compared to the past era, in fact, takeout is an emerging digital economy model or dining model in a new generation of Internet era and digital economy era, and it often carries more takeaway and traditional traditional Some catering industries are different from the way they used to eat. As a more fashionable or fresh dining mode, takeout still attracts a lot of young people, including the extensive participation of middle school students. Therefore, one advantage of middle school students using takeout is that it can satisfy their needs to a great extent. The pursuit of new things.

The second point is mainly the unfavorable aspects brought by takeout, and it is also a key point that we need to emphasize. Then, the second point is the downside. In fact, it is a key issue that we want to emphasize, because there are often many disadvantages for middle school students to use takeout. And this thing is actually conceivable. First of all, the first is the damage to health, such as increased obesity, nutritional inequality and so on. These are mainly caused by the heavy oil and heavy salt of the takeaway. Although the current food supervision and the standardization of the takeaway industry are constantly improving, the health and safety of China's catering, including takeaway, has been better guaranteed. But we have to admit that there will still be some lack of supervision and non-standard factors. Then some catering industries and enterprises often use some unhealthy production modes, resulting in increased safety risks of the food. This series of production, resulting in their own nutritional imbalance, as well as increased risk of obesity is often relatively large. The risk is that they may suffer from malnutrition and some loss of physical and mental health.

The third point is that the degree of dependence brought by takeout will cause middle school students to develop bad eating habits. For middle school students, in a high-pressure learning environment, they often choose a relatively simple dining mode, and takeaways greatly facilitate the study and life of middle school students, and also make middle-aged people highly dependent on takeaways. , but if once the middle school students have a certain dependence on takeout. In fact,

whether it is good for the body or for his own continued health, he is often not good. However, in this era of developed information, there may be more and more middle school students using takeout. Therefore, it may cause more middle school students to become dependent on takeout food, which will inevitably be unfavorable for middle school students to develop a good living and eating habits in the long run.

4. Advice for middle school students using takeout

The first aspect is from the family level. First of all, parents themselves must establish good living habits, which will subtly change the children's concept of life. Therefore, family education is very important and essential for middle school students to establish good living habits. Then there are many reasons for the frequent use of take-out by middle school students, among which there are still many family factors. Since parents need to be busy with work and students need to be busy with study, middle school students can only use takeout to solve the problem of meals. Therefore, in such a situation, parents should first help middle school students establish good living habits, make them fully aware of the pros and cons of takeout, and guide them to use takeout reasonably. For example, try to choose some with higher quality or sales. High food and beverage establishments, in particular, require a business license. Through such understanding and choice, they can have a more comprehensive understanding of the advantages and disadvantages of this takeout, and avoid over-reliance on takeout, which may affect physical and mental health, including some obesity and so on. For these problems, the family level should pay special attention to some physical changes of middle school students, as well as the situation of meals at school, focusing on whether they rely on takeout for a long time to live, so as to avoid some adverse results, and also pay special attention to the relationship between middle school students and middle school students. A communication, strengthen some publicity and education.

The second aspect is the personal level, for the middle school students themselves, because each middle school student is the first responsibility for their own safety. Then the reason why middle school students frequently use takeout is closely related to some of their own habits. Therefore, middle school students must fully recognize some of the hazards of take-out, especially for some green, healthy and food safety incidents in the current society. Therefore, middle school students need to choose takeaways selectively, instead of choosing takeaways without any basis, otherwise it may cause some bad situations. At the same time, middle school students should pay special attention to personal safety and hygiene. Secondly, for middle school students who are overly dependent on takeout, can they take some diversified dining methods, such as going to the school cafeteria, or encouraging their classmates to go offline to consume, so as to get rid of the dependence on takeout as much as possible.

Then the third level is to increase supervision from the government level to regulate the development of the takeaway industry. Because the government is to a certain extent the supervisor of middle school students using takeout, so middle school students use takeout, and the government has to undertake important supervision responsibilities for the development and regulation of catering and takeout. Therefore, on the one hand, the government needs to regularly monitor the surrounding areas of these schools. In particular, food companies that provide meals to schools for a long time conduct regular inspections to ensure their food safety. On the other hand, it is necessary to strengthen publicity among schools and student groups, encourage diversified dining methods and ensure the safety of meals, so that more students can fully realize that there may be some problems. In each process, the government, schools, and families have strengthened their cooperation to jointly supervise some development of the use of food delivery by middle school students, and guide them to use food delivery reasonably, so that they can not only grow up healthily, but also meet the needs of learning, so that middle school students can move towards a more comprehensive development. In addition, the government should strengthen and regulate the development of the food delivery industry. For example, for some food delivery companies, it will issue some special laws and

regulations, strengthen regular supervision, try to avoid the negative impact of food problems on middle school students, and improve the development quality of the food delivery industry. This is what the government can do.

References

- [1] Hao Y, Li Y, Guo Y, et al. Digitalization and electricity consumption: Does internet development contribute to the reduction in electricity intensity in China? [J]. *Energy Policy*, 2022,164:112912.
- [2] Wu H, Ba N, Ren S, et al. The impact of internet development on the health of Chinese residents: Transmission mechanisms and empirical tests[J]. *Socio-Economic Planning Sciences*, 2022,81:101178.
- [3] Zhang S, Lei X. Internet takeaway food safety regulatory issues[J]. *Modern Food*,2016(03):41-45.
- [4] Han Y, Cheng J, AN D, et al. Occurrence, potential release and health risks of heavy metals in popular take-out food containers from China[J]. *Environmental Research*, 2022,206:112265.