جامعة الأمير عبد القادر للعلوم الإسلامية قسنطينة – الجزائر
ISSN: 1112-4377, EISSN: 2588-2384
المجلد: 29 العدد: 4 السنة: 2025
مجلة المعيار
EL MIEYAR

Algerian Youth Future Imagining in the Health field via Facebook Meta Posts An analytic study using Nvivo about "Healthy food" Face book pages ("Sweet Life Without Sugar" as a model)

تصور مستقبل الشباب الجزائري في المجال الصحي عبر منشورات الفيسبوك ميتا
دراسة تحليلية حول صفحات "الطعام الصحي" في الفيسبوك باستخدام Nvivo (حياة حلوة بدون سكر نموذجا)

Hicham Betahar [1]
hicham.betahar@univ-jijel.dz
0000-0001-5625-1384

Received: 28/01/2025 **published: 15/09/2025**
تاريخ الاستلام: 2025 /01/28 **تاريخ النشر: 2025/09/15**

Article abstract:

The study aims to highlight the Algerian youth future imagining in the health field via Facebook Meta posts in general, and especially the group that named "حياة حلوة بلا سكر" In English "Sweet Life Without Sugar", because it is based on the importance of Facebook Meta in Algerian people life, then the number of members, that allow to Interactivity btween establisher and members in "S L W S" group, the third one is Facebook context as a tool of imagining in Meta Age.

finally, we are using Nvivo to get an exact result about relation between Algerian Youth Future imagining and their posts on this group to mentioned top topics and their attitudes to it, Some images were also analyzed to provide a deeper interpretation of the study.

Key words: Algerian Youth; Facebook Meta; Future imagining; Nvivo.

ملخص المقال:

تهدف الدراسة إلى تسليط الضوء على تصور الشباب الجزائري لمستقبله في المجال الصحي عبر منشورات الفيسبوك بشكل عام، وخاصة المجموعة المسماة "حياة حلوة بلا سكر"، حيث استندت الدراسة على ثلاثة أسس؛ الأول هو أهمية الفيسبوك ميتا في حياة الشعب الجزائري حسب آخر الإحصائيات، والثاني هو عدد الأعضاء، الذي يسمح بالتفاعل بين المؤسس والأعضاء في مجموعة حياة حلوة بلا سكر، والثالث هو سياق الفيسبوك كأداة للتخيل في عصر الميتا.

أخيرًا استخدمنا *Nvivo* للحصول على نتيجة دقيقة حول العلاقة بين تصور الشباب الجزائري لمستقبله ومنشوراتهم على هذه المجموعة حول الموضوعات الرئيسية المذكورة ومواقفهم منها، كما تم تحليل بعض الصور لإعطاء بعد أعمق للدراسة.

كلمات مفتاحية: الشباب الجزائري؛ فيسبوك ميتا؛ تصور المستقبل؛ برنامج ن فيفو.

Introduction

1. University of Jijel (Algeria)

The rapid growth of social media platforms has transformed how individuals access information, form communities, and make lifestyle changes. In Algeria, where youth represent a significant portion of the population, platforms like Facebook are not only spaces for entertainment but also tools for education and advocacy. This study investigates how Algerian youth engage with the concept of healthy eating through Facebook posts, via Nvivo software, focusing on the popular group "Sweet Life Without Sugar." The group promotes sugar-free recipes and healthy eating habits while fostering discussions about health-related challenges such as obesity, diabetes, and other diet-related illnesses. By analyzing posts and user interactions on this group, this research aims to understand how Algerian youth envision their future in terms of health and well-being.

Moreover, the significance of this investigation extends beyond mere dietary preferences; it delves into the broader implications of how social media serves as a conduit for lifestyle changes and public health discourse among young people. The engagement within the "Sweet Life Without Sugar" community presents a microcosm of how digital platforms can effectively mobilize youth around pressing health issues, providing them with not just knowledge, but also practical tools to make informed dietary choices. This study will employ qualitative and quantitative methods to assess the nature and frequency of interactions, such as likes, comments, and shares, as well as the thematic content of the posts shared within the group.

Furthermore, it will explore the narratives constructed around healthy eating, examining how these dialogues reflect cultural values, societal norms, and individual aspirations for healthier living.

In addition, the research will consider the role of peer influence and social validation in shaping dietary behaviors and the potential ripple effects that these online interactions may have on real-life choices and practices. By understanding the dynamics at play within this online community, the study aims to contribute to the broader discourse on youth health promotion and the potential of social media as a platform for sustainable lifestyle changes in Algeria. Ultimately, this research seeks not only to highlight the challenges faced by Algerian youth in navigating their dietary habits but also to identify innovative strategies that can empower them to take charge of their health in an increasingly digital world.

1. The importance of the study

Understanding the impact of social networks upon the habits that the younger generations adopt within the food schemes may be among the crucial high school students essay writing factors that researchers need to look into. Based on a study of some of the effects that most of the adolescents from Algeria are facing a majority of the health officials has been able to determine the illnesses that are the main issue. As a matter of priority the scientists set out to determine the correct modes of information dissemination among those who are the most prone to contracting such diseases. It is very important that we pass very important messages to the youth with regards to what foods are healthy for them and at the same time consider the most effective communication strategies for this generation of teenagers who are using various social media platforms on a daily basis, So the community is experiencing a number of factors that can explain the rising number of overweight and obese individuals in almost all neighborhoods in Algeria, with most of them being teenagers and young children.

2. Research Objectives

This study seeks to address the following objectives:

To analyze how Algerian youth, engage with healthy eating content on Facebook.
To identify recurring themes in posts and user interactions related to healthy food.
To explore the role of online communities in shaping attitudes toward health and nutrition.
To assess the potential of social media as a tool for public health promotion in Algeria.

2.1 Data Collection

The data for this study were collected from the Facebook page "Sweet Life Without Sugar" over six months (August 2024 to January 2025).
The dataset includes:

- Posts: Textual content shared by the page administrators.
- photos: User interactions in response to posts.
- Engagement Metrics: Likes, shares, reactions, and comments.

2.2 Sampling Strategy

To ensure a comprehensive analysis:

- Posts were selected based on relevance to healthy eating (e.g., recipes, tips).
- Comments were included if they provided insights into user perceptions or experiences related to healthy eating.
- Engagement metrics were tracked weekly to observe trends over time.

2.3 Analytical Tools and study method

NVivo software was used for qualitative data analysis. The software enables thematic coding of textual data, allowing researchers to identify patterns and trends within large datasets. (Limna, 2023)
Coding Process
The coding process involved several steps:
Initial Coding: Open coding was conducted on a subset of posts to identify preliminary themes.
Focused Coding: Themes were refined based on frequency and significance within the dataset.
Thematic Analysis: Major themes were categorized into broader categories for deeper analysis.

We used the descriptive analytical method in this research, which is known as:"Descriptive Analysis is the type of analysis of data that helps describe, show or summarize data points in a constructive way such that patterns might emerge that fulfill every condition of the data". (Rawat, 2021)

2.4 Analytical Framework

The analysis was guided by three key frameworks:

Health Belief Model (HBM): To understand how users perceive the risks and benefits associated with dietary changes.

The study aimed to uncover the factors that influence users' decisions to adopt healthier diets. This includes understanding their perceptions of susceptibility to health issues related to poor diet, the severity of these issues, the benefits of making dietary changes, and the barriers they might face.

Additionally, the model helped identify cues to action that could motivate individuals to take the first step toward healthier eating.

Cultural Adaptation Theory: The study examined how traditional recipes and culinary practices from Algeria are being transformed to reduce unhealthy components (such as excessive sugar, salt, or fat) while retaining their cultural essence. This involved looking at the cooking creative processes related traditional dishes, the acceptance of these healthier versions within the community, and the role of cultural identity in dietary choices.

Community Support Theory: The analysis focused on how online platforms and social networks provide a space for individuals to share their experiences, challenges, and successes related to dietary changes. It explored the ways in which these communities offer emotional support, practical advice, and accountability, thereby enhancing individuals' ability to adopt and maintain healthier eating habits.

3. Study concepts

This study includes a set of important concepts that require definition.

3.1 Youth

The UN Secretariat uses the terms youth and young people interchangeable to mean age 15-24 with the understanding that member states and other entities use different definitions. (United Nations, p. 2)

3.2 Face book

Is a social networking website that was founded in February 2004 by Harvard University students Chris Hughes, Andrew McCollum, Dustin Moskovitz, Eduardo Saverin and Mark Zuckerberg.

The idea behind Facebook was to provide an online book of faces for university students to connect and share information. It was initially a social network for Harvard and expanded in the following years to any university. It eventually became a social network for anyone, anywhere in the world. (Kerner, 2025)

3.3 Meta platforms

Meta, parent company of the social network Facebook, the popular photo and video sharing network Instagram, and the instant messaging services WhatsApp and Messenger. The name reflects an emphasis on the "metaverse," where users interact in virtual reality environments.

Facebook changed its name to Meta in October 2021 in an effort to rehabilitate the company's image following immense controversy over user privacy and dissemination of misinformation and to promote the company's metaverse efforts. At Facebook's 2021 Connect conference. (Ramanathan, 2025)

3.4 Healthy food

any natural food popularly believed to promote or sustain good health, as by containing vital nutrients, being grown without the use of pesticides, or having a low sodium or fat content. (Dictionary.com, n.d.)

It is known also as: a food promoted as highly conducive to health; the first known use of health food was in 1882. (merriam-webster, n.d.)

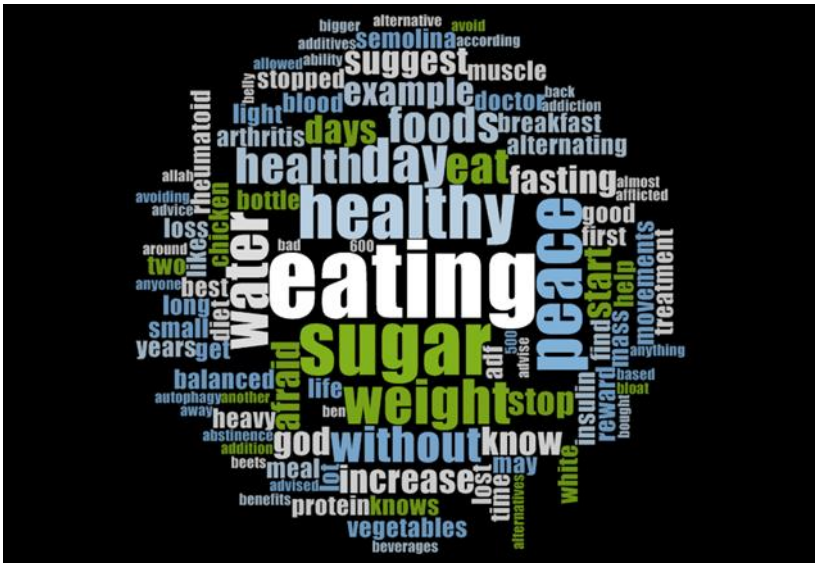
4. Social Media as a Tool for Health Advocacy

Social media platforms like Facebook have become powerful tools for health promotion. They enable individuals to share information, build communities around shared goals, and influence behavior through interactivity as one of it is main characteristics. (Purba, 2003, p. 98)

In Algeria, where internet is growing rapidly among youth estimated at over 60% platforms like Facebook are particularly influential in shaping opinions about health and wellness. (boyd & Ellison , 2007)

The Facebook group "Sweet Life Without Sugar" serves as an ideal case study for this phenomenon. With its focus on sugar free recipes and healthy living tips tailored to an Algerian audience, the group exemplifies how social media can be used to increase healthier lifestyles.

Fig.1. Sweet Life Without Sugar Page Analysis Outputs by Nvivo11



Source: Nvivo 11 outputs (2024)

The above image can be interpreted through the following steps:

Table01: Study outputs using the Nvivo software

Key Themes in Nvivo outputs	**Their Meanings**
Healthy Eating:	The overarching theme of the study, focusing on dietary habits that promote well-being, and focus on whole, unprocessed foods. Plan meals that include a balance of macronutrients (carbohydrates, proteins, and fats) and micronutrients (vitamins and minerals). Avoid processed foods high in added sugars, unhealthy fats.
Healthy:	Means diet, and consider other aspects of a healthy lifestyle, such as regular physical activity, adequate sleep, stress management, and staying hydrated. this holistic approach to health can improve overall quality of life.
Sugar:	The primary focus of avoidance or reduction, as it is often linked to negative health outcomes.
Breakfast:	Highlights the significance of the first meal of the day in a sugar-free or healthy diet.
Suggest:	Likely points to recommendations or advice from participants, experts, or literature on how to reduce sugar intake.
Ability:	relate to the capacity or skills needed to maintain a healthy diet (e.g., cooking skills, meal planning).
Allowed:	what is permissible in a sugar-free or low-sugar diet, such as specific foods or beverages.
Additional:	refer to adding more healthy foods or nutrients to the diet.
Higher, Alternative, Avoid:	These words suggest a focus on elevating dietary choices by seeking alternatives to sugar and avoiding unhealthy options. This could reflect participant responses or literature emphasizing the importance of substituting sugary foods with healthier options (e.g., fruits, natural sweeteners).

Muscle:	relate to the physical benefits of reducing sugar, such as improved muscle health or energy levels.
Stomach Cramp:	indicate negative effects of sugar or dietary changes, such as digestive discomfort.

For a more in-depth analysis of the posts in the Facebook group, image analysis included in the group was utilized in addition to digital analysis methods.

The images to be analyzed below are available in the appendix.

Image of eggs, coffee and coffee:

Nutritional & Socio-Cultural Context:
The Algerian Breakfast Paradigm:
The eggs, bread, cheese, and coffee combo is a faithful imitation of an Algerian breakfast, but its health effects are controversial:
- Advantages:
- Low-digesting carbs (whole-grain bread), antioxidant-containing coffee, and high-protein (cheese, eggs) make for a balanced meal.
- Raw artisanal cheese and traditional bread adhere to Mediterranean diet principles.
- Disadvantages:
- Excess bread (urban-refined flour) is associated with rising diabetes (14% prevalence in Algeria).
- Sugar-made coffee—problematic for dental caries and metabolic syndrome.

Design Analysis:
- Color Palette: Natural color tones (ochre-colored bread, white eggs/cheese) evoke feelings of "naturalness"; possible blue accents (coffee mug) for trust.
- Hierarchy: Text (fresh cheese) dominates, prioritizing Frenchness over the visually lesser local foods.
- Lack of People: The still-life beauty can depersonalize labor (women-led domestic cooking) or romanticize "authenticity."

Subtexts:
- **Food Sovereignty:** Eggs and bread as metaphors of autonomy in the face of import dependence.
- Nostalgia Marketing: The image could appeal to diasporic Algerians, nostalgic about rural breakfasts while urban diets transition towards processed foods.
- **Coffee:** A luxury formerly, now a daily routine—reflects trade relations (Algeria is one of the major importers of green coffee).
- **Eggs & Cheese:** Price variation uncovers rural-urban distinctions; informal markets (e.g., *Cheese* makers) resist industrial homogenization.

Decolonial Dietary Resistance?
The image captures conflicts between:
- **Tradition versus Modernity:** French-named local products; duality of coffee (traditional preparation, global commodity).
- **Health versus Convenience:** Nutrition-rich food as a substitute rival to processed alternatives (e.g., packaged bread, Nescafé).

Image of sparkling water bottle:

The graphic in question was a Facebook post captioned with the benefits of drinking sparkling water, in a glass and plastic bottle, of course.

The image exemplifies how young Algerians are both embracing global health rhetoric on one side and ill feelings of consumption and tradition versus modernity tensions (postcolonial identity) on another.

These objects together form a disparate narrative of how Algerian youth are consuming and adopting global health trends, resisting social norms around traditional diets and practices, and doing so as well as showing a mix of consumption as young people in a world of global capitalism with tensions pertaining to their consumer ship and interrogation of international brands.

Sparkling Water as Imagery: Multiple Meanings

The Visual Rhetoric of "Modern" Health-Glass and Bottle Aesthetics: Glass + bottle of sparkling water: glass and drop-wise sparkling on the glass bottle — both glasses + bottle are symbols of youth vigor and originality, a type of western advertising unique since water advertisement occurred in the late 19th-early 20th centuries.

This visual competition is not only a determining factor for consumer preference, but also

This visual competition is not only a determining factor for consumer preference but also mirrors health and wellness in society in its current form. Consumers are looking for brands now that address not only hydration but also a tangible promise of self-identity that matches their personal code of ethics and lifestyle. So, the companies are spending more on storytelling and also more on being ethical with sourcing so that they can build a bridge with their audience that focuses on transparency and sustainability.

Not only does this move increase brand loyalty, but it subtly engages consumers to consume more responsibly. A bold proclamation in contemporary consumerist society not just obedience to the global but also adherence to the local. For everyone, here, liking their culture as well as global culture and benefitting from the wisdom of older generations as well as the enthusiastic creativity, imagination, and diversity of the young of places around the world.

The appropriate interaction of tradition and newness stimulates that vibrant dialogue which reconstructs for better community union. Co-exploring these cultural waves, they produce an authentic identity that communes their prideful stamp whilst casting the waves on toward an imagined future of globalization.

5. Methodology

A case study is an in-depth study of one person, group, or event, in a case study, nearly every aspect of the subject's life and history is analyzed to seek patterns and causes of behavior, Case studies can be used in many different fields, including psychology, medicine, education, anthropology, political science, and social work. (Cherry, 2024)

5.1. Case Study: "Sweet Life Without Sugar":

"Sweet Life Without Sugar" was established in September13rd ,2021 by an Algerian Journalist called: **Nedjemeddine Sidi Atmane**, he is one of health enthusiasts aiming to raise awareness about the dangers of excessive sugar consumption.

The group features:

Recipes: A variety of sugar-free recipes that incorporate traditional Algerian ingredients.

Health Tips: Information on nutrition labels, healthy cooking methods, and dietary guidelines.

Community Engagement: Regular challenges encouraging followers to share their experiences with reducing sugar intake.

The page has grown significantly in popularity, it contains 84094 members within five years.

This growth reflects a broader trend where social media serves as a platform for health education and community building.

5.2 Research overview

The Algerian health landscape:

Algeria is undergoing a nutrition transition marked by a shift from traditional diets rich in whole grains, fruits, and vegetables to modern diets characterized by processed foods high in sugar, salt, and fat. This shift has contributed to an increase in non-communicable diseases (NCDs) ((WHO)., 2018) such as obesity, diabetes, and cardiovascular conditions. According to recent studies:

Obesity Rates: Obesity among Algerian youth is rising due to sedentary lifestyles and unhealthy eating habits.

Diabetes Prevalence: The International Diabetes Federation reports increasing rates of Type 2 diabetes in Algeria.

Cultural Shifts: Traditional dietary practices are being replaced by Westernized eating patterns.

Statistics on Health Trends:

Recent statistics provide insight into the alarming trends concerning youth health in Algeria:

- A 2022 survey indicated that approximately 30% of adolescents aged 15-19 were classified as overweight or obese. (Assaad & Roudi-Fahimi, April 2007)
- The prevalence of Type 2 diabetes among adolescents has increased by 20% over the past decade. (Khater, et al., 2021)
- Dietary surveys reveal that less than 10% of Algerian youth meet recommended daily fruit and vegetable intake levels. (Ismail & Mohammad, 2012)

These statistics underscore the urgent need for effective public health strategies aimed at promoting healthier dietary choices among young people. ((WHO)., 2018)

6. Results

6.1. Heath Awareness

Posts frequently emphasize the importance of reducing sugar intake to prevent diseases like diabetes and obesity. Users often share personal stories about their health journeys, highlighting increased awareness about the link between diet and well-being.

Personal Stories

Many users recount their struggles with weight loss or chronic conditions exacerbated by poor dietary choices:

- One user shared their plan from consuming sugary snacks daily to adopting a sugar-free lifestyle after being diagnosed with prediabetes.
- Another user discussed how they felt empowered after learning about the negative effects of sugar through posts on this group.

These stories not only reflect individual experiences but also serve as motivational stories for others facing similar challenges.

6.2. Reinvention of Traditional Foods

A recurring theme is the adaptation of traditional Algerian recipes to align with modern health standards. For example:

- Traditional desserts like "makroud" or "kalb el louz" are reimagined using natural sweeteners such as dates or honey.
- Users express pride in maintaining cultural identity while embracing healthier alternatives.

Examples from Posts

Several posts feature modified recipes:

- A post titled " Makroud without sugar " received significant engagement with users sharing their variations using almond flour instead of semolina.
- Another post featured a recipe for "Date-Sweetened Kalb El Louz," prompting discussions about ingredient substitutions that maintain flavor while reducing sugar content.

These adaptations highlight how cultural heritage can coexist with contemporary health practices.

6.3. Community Support

The comments section reveals a strong sense of community among users:

- Individuals share tips, recipes, and encouragement.
- Success stories inspire others to adopt healthier habits.
- Users often express gratitude for the page's role in their journey toward better health.

Peer Interaction Dynamics

Interactions often include:

- Users asking questions about specific dietary concerns (e.g., "What are some good substitutes for sugar?").
- Responses that provide not only answers but also emotional support ("You're doing great! Keep it up!").

This supportive environment fosters accountability among users as they navigate their dietary changes together.

6.4. Accessibility Challenges

Some users highlight barriers to adopting healthier diets:

- The high cost of certain ingredients (e.g., almond flour or natural sweeteners).
- Limited availability of health-conscious products in local markets.

7. Discussion:

An increasing public awareness of the health effects of diet is indicated by the attention paid to reducing sugar intake to avoid diseases such as diabetes and obesity.

The subjective experience of users, for example, one who identified as pre-diabetic and decided to get rid of sugar altogether, demonstrates a powerful narrative that connects particular experience with a big idea.

These assessments help create awareness and urgency by framing dietary changes as part of a solution to a public health concern. Nevertheless, these efforts to promote sugar reduction, while skillfully organized and efficacious, may also trivialize complex medical problems, or ignore systemic issues such as proximity to healthy food or corporate control of the food market. This act of ditching a customary food substance challenges the idea that customary meals are inherently harmful because it shows an effort to preserve tradition while also adopting healthier choices.

This change is rife with contradictions: the prohibitive price of almond flour, natural sweeteners or other desirable products create barriers for many and question who gets to participate in such a transition to a modern diet. This implies the need for healthier, lower-cost options for enacting healthy dietary changes across the socioeconomic continuum.

A key motivator for dietary changes, as seen in these online communities, is the bond of companionship. They spread by giving encouragement, recipes, and instruction, and seem to elevate these dishes to gourmet status, while rescuing their health from a fate of traditional foods.

8. Conclusion:

This study highlights how Algerian youth use Facebook to imagine healthier futures through discussions about food and nutrition. By analyzing posts from "Sweet Life Without Sugar" group, we gain valuable insights into the aspirations, challenges, and community dynamics that shape dietary behaviors among young Algerians.

As Algeria grapples with rising rates of diet-related illnesses, leveraging social media platforms could play a pivotal role in promoting public health awareness through culturally relevant messaging strategies tailored specifically toward youth engagement online.

Future research should further investigate how these online interactions translate into real-world behavioral changes while assessing their long-term impact on public health outcomes across diverse populations within Algeria's socio-economic landscape.

To further enrich our understanding of these dynamics, it is crucial to explore the specific themes and stories that emerge from the discussions on this platform. For instance, the portrayal of traditional Algerian dishes, juxtaposed with contemporary health trends, can reveal the ways in which cultural identity and modern dietary practices intersect.

By delving into the shared experiences and testimonials of young users, we can better comprehend the motivations behind their dietary choices, such as the desire for improved health, enhanced social status, or a sense of belonging within a community facing similar challenges.

Moreover, it is essential to consider the role of influencers in shaping perceptions around food and nutrition. As prominent figures within the online space advocate for healthier eating habits, their impact on the collective mindset of Algerian youth warrants closer examination. This could include studying the effectiveness of various campaigns, the frequency of engagement with health-related content, and the resultant shifts in dietary habits that may emerge from these online dialogues.

In addition to qualitative analyses, quantitative approaches could prove beneficial in measuring the extent to which social media engagement correlates with improved health outcomes. By utilizing surveys and tracking behavioral changes over time, researchers could establish a clearer link between online discussions and tangible shifts in dietary practices. Such evidence could ultimately inform policymakers and health educators, emphasizing the importance of integrating social media strategies into broader public health initiatives aimed at combating diet-related illnesses.

In summary, the interplay between social media, youth culture, and dietary behaviors in Algeria represents a rich area for scholarly inquiry. By harnessing the potential of platforms like Facebook group "Sweet life without sugar", we can foster a more informed and health-conscious generation, paving the way for a healthier future that is both culturally resonant and socially inclusive. As we continue to navigate this complex landscape, it is imperative that our research not only identifies challenges but also highlights opportunities for positive change, ensuring that the voices of Algerian youth are at the forefront of the conversation surrounding nutrition and public health.

Recommendations

For Public Health Practitioners:

Collaborate with social media influencers who resonate with younger audiences; utilize engaging formats like videos or live Q&A sessions that encourage interaction around healthy eating topics.

Develop culturally tailored media campaigns that resonate with Algerian youth's values while addressing local dietary preferences effectively through relatable messaging strategies focused on community engagement rather than top-down approaches alone.

For Policymakers:

Subsidize healthy food options such as fruits/vegetables/nuts/seeds/whole grains etc., making them more accessible across all income levels; consider implementing policies aimed at reducing prices associated with nutritious foods available locally while promoting local agriculture initiatives supporting sustainable practices benefiting both producers & consumers alike!

Promote digital literacy programs targeting underserved populations ensuring equitable access across urban/rural divides; equip individuals with skills necessary navigate misinformation prevalent within online spaces surrounding nutrition/dietary choices effectively!

For Researchers:

Conduct longitudinal studies measuring impact social media has had upon dietary behaviors over time; assess whether increased engagement leads tangible improvements overall health outcomes amongst participants involved.

Using healthy food AI software to gain time, and to get massive information then use it as a data base to advice and help people in this way.

Explore other platforms (e.g., Instagram/TikTok) understanding role they play shaping narratives surrounding nutrition/health among different demographic groups; comparative analyses could yield insights informing future interventions aimed at improving overall well-being!

Sources and references

Dictionaries

1. *Dictionary.com*. (n.d.). Retrieved from https://www.dictionary.com/browse/health-food
2. *Merriam-webster*. (n.d.). Retrieved from https://www.merriam-webster.com/dictionary/health%20food#dictionary-entry-1

Thesis:

3. Purba, A. (2003). University of Glasgow. Retrieved from https://theses.gla.ac.uk/83752/1/2023purbaphd.pdf.

Articles:

4. Assaad , R., & Roudi-Fahimi, F. (April 2007). Youth in the middle east and north africa:demographic opportunity or challenge? Cairo, Egypt: Population Reference Bureau.
5. Boyd , d., & Ellison , N. (2007, October 1). Social Network Sites: Definition, History, and Scholarship. Journal of Computer-Mediated Communication, 13(01), 210–230. Doi:https://doi.org/10.1111/j.1083-6101.2007.00393.x
6. Ismail, L., & Mohammad, B. (2012, july 18). Type II Diabetes Mellitus in Arabic-Speaking Countries. " World Journal of Diabetes, 10(4), 174–193. Doi:10.1155/2012/902873
7. Khater, S., Aouar, A., Bensmain, N., Bendedouche, S., Chabni, N., Hamdaoui, H., . . . Moqaddem, Z. (2021). Very High Incidence of Type 1 Diabetes Among Children Aged Under15 Years in Tlemcen, Northwest Algeria (2015-2018). Clin Res Pediatr Endocrinol, *13*(01), 44-51. Doi:10.4274/jcrpe.galenos.2020.2020.0073
8. Limna, P. (2023, August). Nvivo software was used for qualitative data analysis. The software enables thematic coding of textual data, allowing researchers to identify

patterns and trends within large datasets. Journal of Applied Learning & Teaching ·, 06(01). Doi:10.37074/jalt.2023.6.2.17

Reports:

9. United Nations. (s.d.). Retrieved from https://www.un.org/esa/socdev/documents/youth/fact-sheets/youth-definition.pdf
10. (WHO)., W. H. (2018). "Non communicable Diseases Country Profiles – Algeria.".

Websites:

11. Cherry, Kenda: (2024, 01): Retrieved fromhttps://shorturl.at/6XlGD
12. Kerner, S. (2025, 03). *Techtarget*. Retrieved from https://www.techtarget.com/whatis/definition/Facebook
13. Ramanathan, T. (2025, 07, 04). Britannica. seen 05 07, 2025, https://www.britannica.com/money/Meta-Platforms
14. Rawat, A. (2021, 03 31). Analytics steps. Retrieved 04 03, 2025, from https://www.analyticssteps.com/blogs/overview-descriptive-analysis

Annexes:

Here are some pictures of the group






Fromage Frais
جبن طري


الصحة في النصيحة
وجدت الدراسات الطبية أن استهلاك المياه الغازية الغنية بالبيكربونات يحسن سكر الدم