

"Nutrition awareness among the parents of the primary school students studying in government school."

**Dissertation for the Degree of Master of Science
Foods and Nutrition**

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Year 2019-20

Abstract: In India we believe in imparting good values and habits from a very early age. Many carry forward these values and habits throughout their life and impart the same to future generations. The responsibility of imparting these values and habits are of parents and guardians of our society. The aim of this study was to assess nutrition related knowledge level among parents having primary school going children. This was a cross sectional descriptive study with a sample size of 50. The samples were selected purposively on the basis of inclusion and exclusion criteria. A pretested semi structured questionnaire was used to collect data. 50 parents of primary school children were given dietary nutrition questions and checked their awareness about nutrition. After Nutrition question check the result shows that many school Children's are not eating habits are closely related to their health problems and the outlook for children's nutritional statuses appears poor. Majority of them Testing of hypothesis in anthropometry measurements show that actual weight is less than standard weight. And same as Testing of hypothesis in anthropometry measurements show that actual height is less than standard height. And if the food frequency questionnaires are correct, it can be assumed that parents have good knowledge about food. This primary ground enabled me to hypothesize that there was no significant association between the enabling factors like father's education, mother's education with nutritional status.

Keywords: Nutrition, Student, Habit, Food, Frequency