

Assessment of nutritional status Laxman gyanpith school children, primary school, vidhyaniketan, Sanand, Ahmedabad

Dissertation for the Degree of Master of Science

Foods and Nutrition

By

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Abstract:

Health and nutrition incurs stage of human life determine to a great extent, the physical and mental well being of a person. The present study was undertaken to determine the nutritional status of 271(156 Boys and 115 girls) in the age group 6 to 13 year of Laxman gyanpith primary School, Vidhyaniketan, Sanand Ahmedabad (Gujarat). The dietary habits and Frequency of various kind know from taken by the students were know from the parents using questionnaire. The mean height of the female Students in the age group grad year were found to be substandard. The mean weight of female students were found to be less then Standard in majority of the age group. Mean height of the male Students except to age group 6 year were fund to be equivalent or more than the Standard. The mean weight of mole Students in primary Students were found to be more than the Standered. children were taking balance diet. Out of 258 parents 95.2% parents said that their children were taking the balance diet. Only 4.7% parents said that their children were not taking balance diet. total 271 students who were part of the in this study. There were 80 children 45.5% percentage were underweight. 62(37%) were normal and 38(24.8%) were overweight and 91 children (53.1%) were obese.

Key words: Nutrition, assessment, school children, height, weight