

A study regarding mother awareness of nutrition diet intake for 1st 1000 days of life span

Dissertation for the Degree of Master of Science

Foods and Nutrition

By

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Abstract:

The first 1,000 days refers to a child's life from the moment they are conceived until they have reached 2 years of age (24 months). This is a time when their brain, body and immune system grows and significantly. Research shows that a pregnant mother's health, nutrition and stress levels can have an effect on the future of her baby. After the baby is born, their own physical environment, nutrition and relationships can have a lifelong impact on their health and wellbeing. The present investigation was the aim of "To study regarding mother awareness of nutrition diet intake for 1st 1000 days of life span." the study was based on survey method, 153 woman her current section was pregnant, lactating and weaning mother selecting from mehsana city of Gujarat state. Close ended interview schedule was used for data collection and current section, age, education, family monthly income, type of family and occupation were independent variable treated on depended variable knowlegude and awareness regarding importance of nutrition in 1st 1000 days of life span. The majored result found of the study Data observed that knowledge and awareness regarding importance of nutrition during pregnancy for herself and growing baby under womb. All sources of food are an important for pregnant mother and its awareness is very important for growing baby. The requirement of food is also increase during pregnancy and lactation period so mother must be alert to eat high celery, high protean, adequate vitamins, minerals and proper amount of water in her diet. She must consume the diet according to recommended daily allowance. Data revealed that level of knowlegude pregnant woman about importance of nutrition among 1st 1000 days of life in which 86.79% respondent's had good knowledge 7.45% had fair and 5.67% had poor knowlegude. Data revealed that level of knowlegude pregnant woman about importance of nutrition among 1st 1000 days of life in which 84% respondent's had good knowledge 6% had fair and 10% had poor knowlegude Data revealed that level of knowlegude lactating (0 to 6 month) woman about importance of nutrition among 1st 1000 days of life in which 90% respondent's had good knowledge 6% had fair and 4% had poor knowlegude.

Keywords: Children, Nutrition, Vitamin, Family, Food