

ASSESSMENT OF NUTRITIONAL STATUS OF PRIMARY SCHOOL CHILDREN OF PRANTIJ TALUKA

Dissertation for the Degree of Master of Science

Foods and Nutrition

By

Nilam Rathod

Under the Guidance of

Ms. Krishna D. Thakkar

Asst. Professor

Department of Home Science

Children's University, Gandhinagar

Year 2021-2022

Abstract:

The present study was under taken to observe the of primary school children in Prantij taluka - Gujarat. two hundred primary school children between the age group of 6 to 13 years were included in the present investigation.

The findings of the study revealed that majority of the primary school children were nuclear family. The educational status of mother was higher secondary and they were engaged mostly housewife and having very medium annual income below ' 50,000 to 1,00,000 The height of the majority of respondents was between 100 to 140 cm and weight of the majority of respondents was between 15 to 30 kg. The anthropometric measurements of the primary school children were measured and on the basis of that Body Mass Index is normal 18 Dietary information of the study subjects shows that a majority of primary school children were vegetarian as their diet was also very simple. However, none of the primary school children had taken any special food. The food consumption pattern of the primary school children showed that the consumption of various foods except cereal was irregular and infrequent. rice and wheat were the staple cereal consumed throughout the year by all the primary school children. The consumption pattern of pulses, roots and tubers, other vegetables, milk product were found to be very low among diet of primary school children, while green leafy vegetables were not included in their daily diet as consumption of these vegetables was largely depends upon the availability during different seasons. Similarly, fruits were not included in their daily diet. They consumed mango, banana and guava as the main fruits, available in particular season at cheaper rate. The consumption of animal food like meat, egg, fish or poultry was noticed only in few primary school children.

A significant correlation of socio-economic variables between occupation of mother and nutritional level of primary school children. Occupation of father and nutritional status of school children having significant correlation and family type and family size of the primary.

Keywords: nutritional status, Food, school, Children