

NUTRITIONAL STATUS OF SCHOOL GOING ADOLESCENT GIRLS OF TALOD

Dissertation for the Degree of Master of Science

Foods and Nutrition

By

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Abstract:

The nutritional status of adolescent school girls plays a pivotal role in their physical growth, cognitive development, and overall well-being. This abstract provides a concise yet comprehensive overview. nutritional status of school going adolescent girls of Talod.

Continued monitoring of nutritional status and collaboration among parents, educators, healthcare providers, and communities are vital components of a holistic approach to supporting the nutritional status and overall health of adolescent school girls, ensuring a foundation for lifelong well-being. Based on the assessment, it can be concluded that school-going adolescent girls aged 13 to 16 have suboptimal nutritional status. Factors such as poor dietary habits, inadequate intake of essential nutrients, and socioeconomic factors contribute to this issue. Interventions aimed at improving nutrition education, promoting healthy eating habits, and providing access to nutritious food are essential to address these nutritional deficiencies and improve the overall health and well-being of adolescent girls. Additionally, further research is needed to explore the underlying causes of nutritional deficiencies and tailor interventions to specific population groups.

The results revealed that while a majority of students 82% normal BMI, 5% of students have moderate BMI 3% of students have underweight, and 4% of students severe underweight, 1% obsessed students again majority of 100% students have breakfast in the morning, 57% of students eat dry food have breakfast, 100% of students. Bring tiffin form home. The again majority 100% of students eat outsides food and 82% students take it outside foods 1 time in a month, 95% of students have for dinner is roti-sabji at night. 100% of students take it cereal and its product daily consumed and pulses and their product 1% of student eaten twice a week and 98% students consumed daily. The nutritional status of adolescent school girls is a critical determinant of their overall health, growth, and development. Adequate nutrition, including a balanced intake of macronutrients and micronutrients, is essential during this period of rapid physical, cognitive, and hormonal changes.

Keywords Anthropometry, dietary intake, food insecurity, physical activity, health behaviours, growth charts, health outcome, intervention programme,