

# **ASSESSMENT OF NUTRITIONAL STATUS OF BORIJ AANGANWADI CHILDREN**

**Dissertation for the Degree of Master of Science**

**Foods and Nutrition**

**By**

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**Abstract:** The Aanganwadi children's age group 3 to 6 year was evaluated for nutritional status of borij Aanganwadi sector 20 Gandhinagar. A cross sectional survey was carried about 50 children's share of 22 male children's and 28 female children's. All children are measured by Anthropometric measurement in height, weight and mid upper arm circumference. BMI was used in anthropometric measurement. This showed normal BMI in most of children's. And all data were collected using by questionnaire and food frequency questionnaire. Food frequency questionnaire was used to determine the frequency of different dietary intake by all children. Majority all children are cereals, pulses, milk and all food frequency is almost eaten by daily. Out of 50 children's according to anthropometric measurement based height, weight and muac measurement of 5 to 6 year male children's share of underweight 9%, Normal 77.27% and 13.62% overweight. 5 to 6 year female children's share of underweight 7.14%, Normal 89.28% and overweight 3.57%.

**Keywords:** Children, Anganwadi, BMI, Food, Nutrition