

Assessment of Nutrition Status Preschool Children Aadiwada Anganwadi

Dissertation for the Degree of Master of Science

Foods and Nutrition

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Year 2019-20

Abstract:

Health nutrition status in early child 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 nutrition status of total children 50 (20 boys and 30 girls) in the age group 3 to 6 year anganwadi pre- school children aadiwada (Gujarat).

The growth status of children was evaluated by applying anthropometric parameters and was compared with standards adopted by national center for health statistics (NCHS). The dietary habits and the frequency of various kinds of food taken by the students were known from the parents using questionnaire. The nutritional status of the pre-children was studied with reference to some predisposing and enabling factors and the students were classified into wasted, stunted, wasted & stunted and normal nutritional status using waterlow classification for the parameters height for age and weight for age. The mean heights of the female students in the age 3 to 6 years were found to be substandard. The mean weights of female students were found to be less than the standards in majority of the age group. Mean heights of the male students. Except the age group of 3 years were found to be equivalent or more than the standards. The mean weights of male students in other than the pre children were found to be more than the standards.

The preschool children showed that the various foods except cereals was irregular and infrequent. wheat/bajara / rice were the staple cereals.

A significant correlation of anthropometric measurements with nutrition status factors leading to low dietary intake and heavy physical activity. This was problem and effect preschool children.

The preschool children of aadiwada were still lived in the poor nutrition status and having simple unbalanced dietary intake pattern malnutrition.

Key words: Nutrition, children, height, weight, dietary habits