

**TO STUDY THE NUTRITION LEVEL OF 6 TO 9 YEAR OLD
CHILDREN OF GOVERNMENT SCHOOL AND PRIVATE
SCHOOL DISSERTATION SUBMITTED TO CHILDREN'S
RESEARCH UNIVERSITY**

Dissertation for the Degree of Master of Science

Foods and Nutrition

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Abstract: The study aims to investigate and compare the nutrition levels of children aged 6 to 9 years in both government and private schools within Mehsana City. Nutrition plays a vital role in the physical and cognitive development of children, and understanding the differences between schools can shed light on potential areas for improvement in health and education policies. The research methodology involved collecting data from a sample group of children in the specified age range attending government and private schools in Mehsana City. The study focused on assessing their dietary habits, including the consumption of essential nutrients such as proteins, carbohydrates, fats, vitamins, and minerals. Anthropometric measurements such as height, weight, and body mass index (BMI) were also recorded to evaluate overall nutritional status. Preliminary findings indicate variations in nutrition levels between children in government and private schools. This study contributes valuable insights into the complex interplay between school environments, socioeconomic factors, and children's nutrition levels, highlighting the need for holistic approaches to promote optimal health and well-being among young learners.

Key words: nutrition levels, health and education policies, dietary habits