

Nutritional assessment and life style of primary school children in Ramabai Nagar

SEEMA SONKAR AND ANURADHA PANDEY

See end of the paper for authors' affiliations

Correspondence to:

SEEMA SONKAR

Department of Food Science and Nutrition, C.S.Azad University of Agriculture and Technology, KANPUR (U.P.) INDIA

seemasonkar@yahoo.com

ABSTRACT

Nutrition support to primary education is considered as a means to achieve the objective of providing free and compulsory universal primary education of satisfactory quality to all the children below the age of 14 years by giving a boost to universalization of primary education through increased enrolment, improved school attendance and promoting nutritional status of primary school children simultaneously. The aim of the present study was the assessment of nutritional status and life style of primary school children. For this purpose, 150 samples were randomly selected from Ramabai Nagar. The children's nutritional status was not good because of lower consumption of energy, protein, fat, iron, calcium and vitamins. The consumption of food nutrients was lower than recommended dietary allowances.

KEY WORDS : Nutritional assessment, Life style, Primary school children.

How to cite this paper: Sonkar, Seema and Pandey, Anuradha (2011). Nutritional assessment and life style of primary school children in Ramabai Nagar. *Asian J. Home Sci.*, 6 (2) : 265-268.

Article chronicle: Received: 21.09.2011; **Revised:** 15.10.2011; **Accepted:** 20.11.2011

Primary school is a dynamic period of physical growth and mental development of the child. Research indicates that nutritional deficiencies and poor health in primary school age children are among the causes of low school enrolment, high absenteeism, early dropout and poor classroom performance. The present position with regards to the nutritional status and life style of the children in our country is very unsatisfactory. Apart from mid day meal programme which is run by the Government of India in government run schools, there are no other efforts for children in age group 6-14 years.

Objectives:

To study the nutritional status and life style of primary school children in Ramabai Nagar.

RESEARCH METHODS

The present study was carried out from January 2011 to June 2011 in Ramabai Nagar. The study subjects were school going children (9-12 years). For the purpose of study, three blocks Rajpur, Sandalpur and Amraudha were selected from Ramabai Nagar. From these 3 blocks, 9 villages, Rajpur, Pailawar, Jainpur, Sandalpur, Jaganathpur, Rewa, Shahjahanpur, Rurgaon and Bhognipur were selected. One Primary School from each village was randomly selected. 150 school going children were taken for this study. They were interviewed through questionnaire method and desired information was collected on pre-designed and pre-tested proforma. After

collection, the whole data were compiled, analyzed and appropriate statistical tests were applied. The nutritional status was assessed by 24 hour recall method and comparing the nutritive value of food group by Recommended Dietary Allowances (RDA), such as percentage and deficient per cent formula used:

$$\text{Percentage} = \frac{\text{The sum of all the respondents}}{\text{Total number of all the respondents}} \times 100$$

Deficient per cent:

$$\text{Deficient per cent} = (\text{Differences/Standard}) \times 100$$

$$\text{Difference} = \text{Standard} - \text{Average}$$

$$\text{Deficient per cent} = \{ \text{RDA} - \text{nutrient(average)} \times 100 \} / \text{RDA}$$

RESEARCH FINDINGS AND DISCUSSION

Table 1 indicates the distribution of children according to their life style. 42 per cent children wake up early in the morning while 58 per cent not wake up early in the morning. 35 per cent children did any additional activities mostly girls such as sweeping, mopping, cleaning utensils with mother, making cow-dung cakes etc whereas 65 per cent children were not interested in doing any type of additional activity. Only 11 per cent children were interested in studying early in the morning whereas 89 per cent children's were not interested in studying early in the morning. 28 per cent children, boys do field work with their father while 72 per cent children were not interested in doing any field work. 90 per cent children were interested in taking breakfast and only 10 per cent