

Accepted : September, 2010

## Nutritional evaluation of mid day meal in selected Govt. School in Ghaziabad District (India)

PALLAVI GUPTA, KANCHAN KULSHETRA AND RITA BAKSHI

### ABSTRACT

Assessments of food intake for 150 Government school children 5-13 years of age were performed at a time. Date of birth, sex, weight, height and questionnaire about MDMS programme was taken at the time of field work. Data collection was obtained by using performa having set of questions and interviews. Nutritional value of mid day meal programme at Ghaziabad (U.P.) was analyzed in terms of calories, protein, calcium, Vitamin A, Vitamin-B, Vitamin-C, iron, fat, riboflavin, niacin, carbohydrate, fiber, sodium. The mean values of the above nutrients had been calculated and were found as follows : Calories- 458.12 (S.D.=33.31), protein-10.58 (g) (S.D.= 4.35), calcium-40.18 (S.D.= 22.72), Vitamin A-31.03 (S.D.=28.78), Vitamin B-0.11 (S.D.=0.02), Vitamin-C(mg) 6.57 (S.D.=4.68), iron-2.90(mg) (S.D.=2.18), fat-5.26(g) (S.D.= 2.15), riboflavin-0.05 (S.D.=0.01), niacin-2.00 (S.D.= 0.72), carbohydrate-92.01 (S.D.= 8.89), fiber (g)-0.85 (S.D.= 0.55), sodium-684.78(mg) (S.D.= 298.94).

**Key words :** School meals, Education attainment, Health, Mid day meal programme, Nutritional evaluation

### INTRODUCTION

Food is made up of specific nutrients - proteins, carbohydrates, fats, vitamins, minerals and water - all of which are necessary for life, growth, body function and tissue repair. Nutrition is the most important basic need, being a major determinant of health, labour productivity, and mental development. But in most developing countries of the world, hunger and malnutrition is increasing due to population explosion, shortage of fertile land and high food prices. Protein deficiency is widespread and has been cited as the most common form of malnutrition in developing countries.

Nutritional problems in adolescents starts during childhood and continue, to adult life. Anemia is a key nutritional problem in adolescent girls. Preventing early pregnancies and fortifying the nutritional health of developing girls can reduce maternal and child deaths later, and stop cycles of malnutrition from one generation to the next. For both girls and boys, adolescence is an ideal time to shape good eating and physical activity habits. Nutrition information is required to identify the areas where

nutritional assistance is most needed and monitor the progress of change. In 2006 WHO released international child growth standards that provides benchmarks to compare children's nutritional status within and across countries and regions.

Mid day meal has been introduced in the schools so that Indian system can achieve high literacy rate and a social need to avoid hunger and malnutrition in school children. This programme is an intensive effort to find alternative source of nutrition. As a part of our effort to obtain more information from the various schools, studies were carried out to investigate the nutritional analysis of mid day meals. Analysis can be used as a suggestion/improvement in this programme.

### MATERIALS AND METHODS

Research had been conducted to collect data from the Government School from the Ghaziabad District, Uttar Pradesh. Selection of this district is chosen as the research need of rural area's mid day meal. Five schools were chosen under this district. A range of data was collected