

Effect of family income and family composition on mean food intake of rural children (10-12 years) of Haryana

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A study was conducted to determine the effect of family income, family type and family size on food intake of 100 school children (10-12 years) selected from two villages of Fatehabad district, Haryana. The data regarding the food intake and other variables was collected using the questionnaire cum interview schedule and 24 hr recall method. To draw inferences, the data was statistically analyzed using SPSS software. The result found that the mean intake of cereals (177.95g), pulses (41.92 g), fats and oils (17.37g), green leafy vegetables (34.91 g), roots and tubers (56.46g), other vegetables (80.69) and fruits (38.36g) was higher among the children of nuclear families than that of joint family. The mean daily intake of cereals (183.17 g), green leafy vegetables (42.40 g), milk and milk products (264.56 g) and sugar and jaggery (18.22 g) was highest in children belonging to small sized families. The intake of food stuffs was found to be higher in children from high income families compared to low income families.

Key Words : School children, Food intake, Family income, Family type, Family size

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