

The impact of counseling about food pattern of single living male and female in Bhopal town

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■ **ABSTRACT** : The present study was carried out with the objectives : to provide the counseling with diet chart and to evaluate the impact of counseling on improving the nutrition level in their food. The data were collected with the help of "Questionnaire-cum-interview technique." The questionnaire having all relevant information was pre-tested and pre-designed the data were collected at two phases. The baseline study was conducted on 300 single living male and female (widow/widower, divorcee, unmarried and separated) aged 25-45 years, purposely selected from 8 areas of the city. In counseling phase, 50 subjects were selected randomly in total selected subject and 50 subjects were also selected matching age and sex with experimental group who were residing with the family as the control group. The inferences were drawn with the help of suitable statistical tools.

■ **KEY WORDS**: Counseling, Food pattern, Living male, Female

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