

Impact of nutritional education on the knowledge of mothers of school going children in district Sonapat, Haryana

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A nutritional survey was conducted on 50 rural mothers of school children (7-9 years) of Sonapat district in Haryana state. The nutritional knowledge of these mothers was studied using pre-testing questionnaire. Nutrition education was imparted and mothers knowledge was assessed. The result revealed that majority of rural mothers had inadequate level score (below 33%) of nutrition knowledge about the various concept of foods and nutrition viz., importance of balanced diet, sources of various nutrient in diet, nutrient deficiency disorders, cooking practices, importance of GLVs and fruits in diet and conservation of nutrients. But after imparting nutrition education with the help of charts, posters and pamphlets etc. for one month to rural mothers, it improved considerably. After imparting nutrition education it was found that most of the mothers got marginally adequate scores (33 to 65%) about importance of balanced diet, sources of various nutrient in diet, nutrient deficiency disorders, cooking practices, importance of GLVs and fruits in diet and conservation of nutrients. Majority of the mothers got adequate scores (above 66%) about the concept of cooking practice and importance of balanced diet.

Key Words : Nutritional knowledge, Rural mothers, Questionnaire, School children, Pamphlet, Poster and chart

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INTRODUCTION

Nutrition plays a vital role in the development of the quality that helps achieving a high level of public health through a balanced and nutritious diet (Rana and Hussain, 2001). School age is a time for acquisition of skills that permits independence in eating and development of food likes and dislikes. Many school children continue to reject many foods especially vegetables, milk and milk products. This choosy type of behavior in selection of food stuff effects their health status (Gain, 2007). Dietary habits of vulnerable set of population must be improved for long term effect on the health of children by imparting nutrition education. Nutrition awareness entirely depends on education and training. Nutrition education results not only in gain in knowledge and improvement in feeding practice of children (Awasthi and Kumar, 2009). Good nutrition

education is followed effectively can prove to be useful tool to bring economic development in the country as it provides good health. So, nutrition education is essential for all age groups and at all times.

Keeping all these perspectives into consideration, the present study was undertaken with the objective to impart nutrition knowledge to the mothers of school children.

METHODOLOGY

Locale of the study:

The study was conducted in Sonapat district of Haryana state.

Selection of blocks and villages:

The present study was envisaged selection of three blocks i.e. Mundlana, Kathura and Gohana by simple random sampling. The list of villages from these three blocks of Sonapat district was obtained from the office of Block Education Officer. Two villages from each block i.e. Baroda Mor and Baroda Thothan from Mundlana block, Kathura and Kahelpa villages from Kathura block, Riwara and Giwana villages from Gohana block were selected by simple random sampling. Selection of

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