

Effect of modified *Sattu* on health status of children in Godda district of Jharkhand state

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The children are the building blocks of any economy. If they will be healthy, the whole nation will be healthy. It is well known saying that a healthy body have a healthy mind. If we talk in terms of the nutrition, a nutritionally balanced physique is the basis of a sound personality. Thus it can be understood very easily that nutrition plays a great role in the overall development. Therefore, keeping the above facts in mind, a study was conducted in Godda district to see the effect of modified local food- *Sattu* on the health status of the children. The results showed that the modified *Sattu* had a very positive effect on the health status on the children in comparison to the local practice. The modified *Sattu* was given in different combinations of locally available agricultural grain crops like maize, bajra and soyabean with gram. The children selected for the study belonged to age group of 4-7 years. The results indicate that if locally prepared *Sattu* prepare with maize, barley and specially with soybean, it has more nutritive value instead the local practice (*Sattu* made only with gram) and thus it will help to combat the problem of malnutrition to a greater extent.

Key Words : *Sattu*, Children, Malnutrition, Health status

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INTRODUCTION

Children are the future building blocks of any economy. If, they will be healthy, the whole nation will be healthy. It is well known saying that a healthy body have a healthy mind. If we talk in terms of the nutrition, a nutritionally balanced physique is the basis of a sound personality. Thus it can be understood very easily that nutrition plays a great role in the overall development.

But generally it is seen that children are the chief victims of the malnutrition and health problems like, underweight, overweight, nutritional disorders, micro-nutrient deficiency etc. Prof. Amartya Sen has rightly described the nutritional status of children under-5 years as the most sensitive indicator of development of a particular area.

According to recent scientific evidences malnutrition is directly or indirectly related to 60 per cent of all deaths among children under five years annually. Over 2/3 of these deaths

are often associated with inappropriate feeding practices and occur during the first year of life. The overall development of the children (cognitive, social, educational, and personal) depends a lot the early infancy and childhood feeding practices. If the feeding practices will be poor, definitively it will affect the future development of the child. In other words, we can say that if a feeding quality and quantity is not good, the overall health status of the child will be affected.

When we talk about the Indian children, despite the continuous progress in health and nutrition services, still the malnutrition problem in India is a major challenge before the country.

As a result the magnitude of the problem of malnutrition and poor health indicators like infant mortality rate, under 5 mortality rate and maternal mortality rate in the country are higher than some of the developing countries of the South East Asia. (Report of the Working group on Integrating Nutrition with Health, 11th Five Year Plan).

Malnutrition contributes to 60 per cent of the 10 million deaths globally that occur every year among children under five years of age. Its contribution to child deaths is even higher during first six months of life, when mortality is highest.

According to some studies, the shady side of the effects

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