

Assessment of nutritional status of rural adolescent girls (13-15 years)

T. N. Khan, J. P. Nerlekar and A. M. Bhoyar

A total number of 300 adolescent girls were surveyed. They were divided into two groups ie control (150) and experimental (150). The information regarding socio-economic status, anthropometric measurements and haemoglobin content was collected. The selected subjects were personally interviewed for knowledge, aptitude and practice with the help of questionnaire. Food and nutrient intake of sub sample (70) was collected. The IEC programme was conducted to the experimental group. The nutrition knowledge was imparted through messages, charts, posters, talk and demonstration, etc. After imparting the IEC programme, the haemoglobin content, food and nutrient intake, knowledge aptitude and practice was assessed. The impact of IEC programme was evaluated by appropriate statistical methods. The results indicated that there was a significant increase in the haemoglobin content and nutrient intake of experimental group after IEC programme. Similarly the improvement in the existing knowledge, aptitude and practice was observed. Hence, it was concluded that, respondents require approach regarding nutrition education.

Key Words : Adolescent girls, Haemoglobin food, Nutrient intake

How to cite this article : Khan, T.N., Nerlekar, J.P. and Bhoyar, A.M. (2018). Assessment of nutritional status of rural adolescent girls (13-15 years). *Food Sci. Res. J.*, 9(2): 412-417, DOI : 10.15740/HAS/FSRJ/9.2/412-417. Copyright @ 2018: Hind Agri-Horticultural Society.

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