

Mid day meal programme

Nidhee Sachan and Purnima Shah

The midday meal scheme is the largest school lunch programme in the nation. The concept of mid day meal has long history in India. In 1925, a mid day meal programme was introduced for children belonging to poor socio-economic status in Madras corporation area. This was a cross-sectional study conducted at three government primary schools Mid day meal (MDM) in urban areas and three primary schools in rural areas in Kanpur district. Simple random sampling was used for selection of children. Study variables taken were height, weight and general physical examination. Results of the study indicated that the nutritional status of MDM children. The reason for poor result for schools providing mid day meals could be irregular attendance of children in school, less amount of mid day meal, poor quality of food items in mid day meals, combined teaching of different standard, lack of class room etc. All these parameters need to be further studied and evaluated for these impacts on academic achievement. Results of the survey conducted in 6 primary schools of Kanpur revealed that cyclic menu for six days was being followed by the schools undertaken in the study. It was found that *Tahari* and milk was the most liked (59%) meal, followed by *Dal chawal* (45%), *Dal roti* (35%), *Roti sabji* (31%) and least preferred meal was *Sabjichawal* (30%). The energy content of six days menu varied from 350-442 Kcal which is below the recommended norms of 450 Kcal.

Key Words : Malnutrition, Nutritional status, Health, Midday meal, Nutrition

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