

A study of mid day meal scheme and its impact on health of primary classes (6 to 11 yrs.) in Meerut region (Uttar Pradesh)

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ABSTRACT

The concept of mid day meal scheme has a long history in India. A programme for central government assistance for mid day meal for children in primary schools throughout the country was considered during the year 1995-96. Health and nutritional status of 6 to 11 yrs children are very vital because they are the nature's biggest assets for development and harmony. This segment of population in very prime group as for as health and nutritional status is concern because this is the period of their learning and maturation and all other developments, the present study is related to know the mean intake if various nutrients the children according to class. This study area was Meerut region's five districts (Meerut, Bulandshar, Baghpat, Ghaziabad and Guatam Budha Nagar).

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Key Words : Midday meal, Impact on health, Primary school children

INTRODUCTION

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. With a view to enhancing enrollment retention and attendance and simultaneously improving nutritional levels among. Children the national programme of nutritional support to primary education was launched as a centrally sponsored scheme on 15th August 1995.

Nutrition play an important role in promotion of health and prevention of disease, food in the chief course of essential materials, which the body needs for its well being. Good nutrition is a basic component of health. The present investigation has been undertaken to assess the mean intake of various nutrients the children according to class.

METHODOLOGY

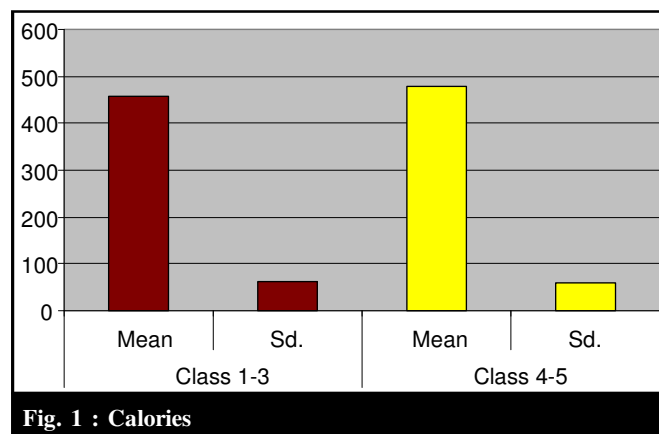
Multistage stratified sampling technique was used for selecting the sample of the study, Meerut region was selected purposely, Meerut region is consisted of rural and urban areas, having five districts, out of these five districts twenty five blocks and seventy five schools were selected randomly.

OBSERVATIONS AND ASSESSMENT

Table 1 suggests the mean in table of various nutrients for the children according to class, 300 students were selected from Meerut region.

60 students each were selected from district Bulandshar, Meerut, Ghaziabad, Baghpat and Gautam Budha Nagar, respectively.

Mean nutrient in table of protein, iron, fat, fibre and sodium was found to be more among the children were studying in class 1 to 3 as compared to children studying in class 4 to 5.



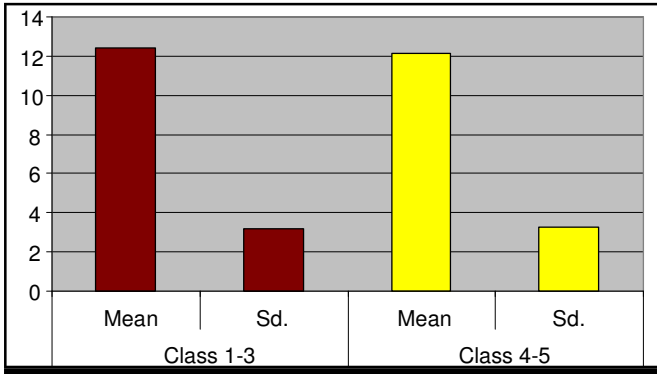


Fig. 2 : Protein

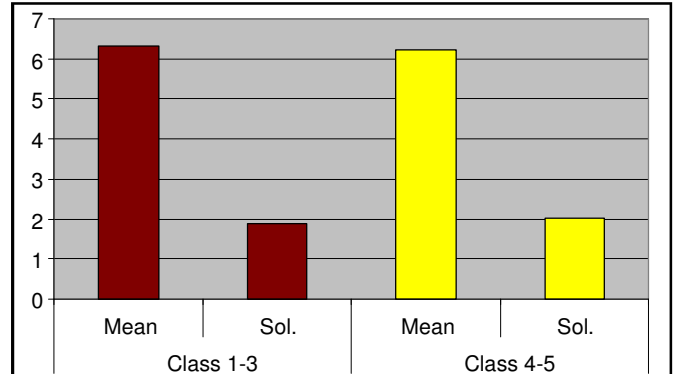


Fig. 6 : Fat

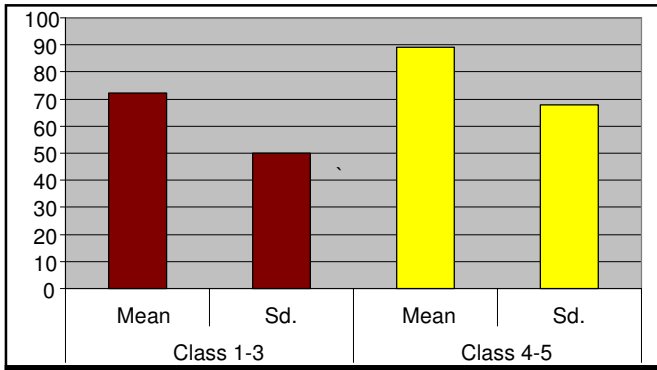


Fig. 3 : Calcium

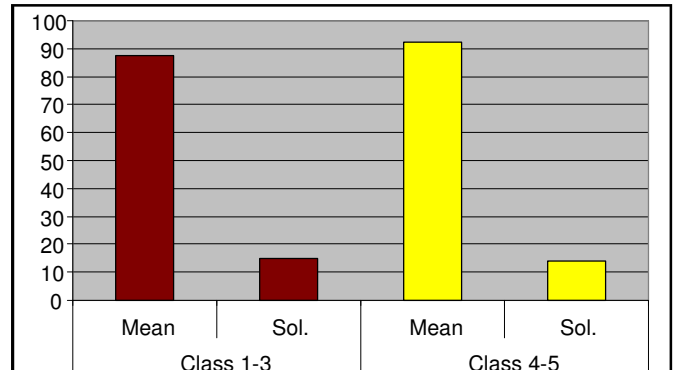


Fig. 7 : Carbohydrate

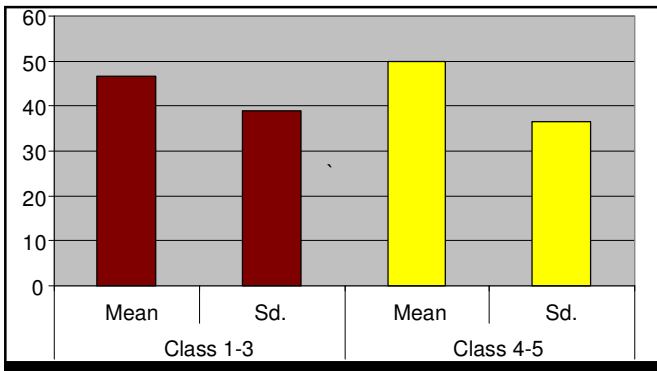


Fig. 4 : Vitamin 'A'

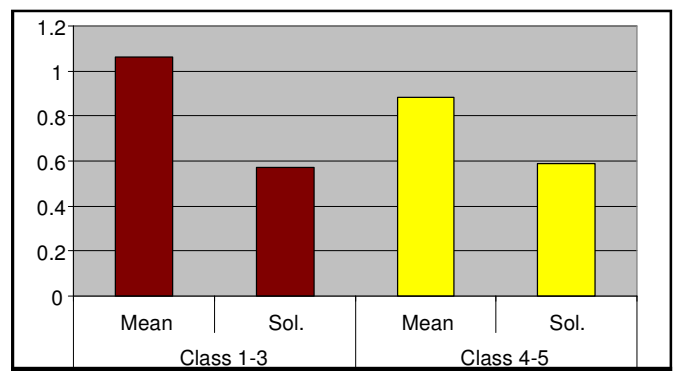


Fig. 8 : Fibre

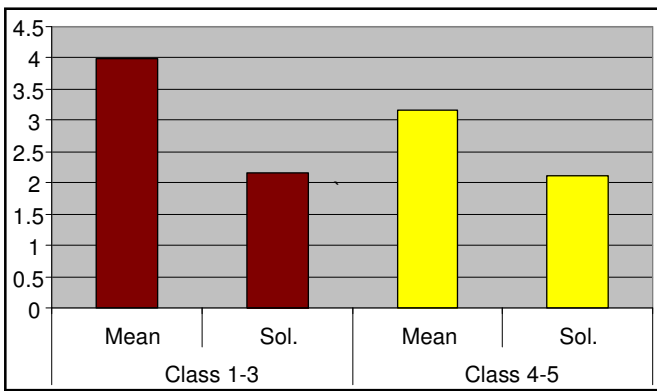


Fig. 5 : Iron

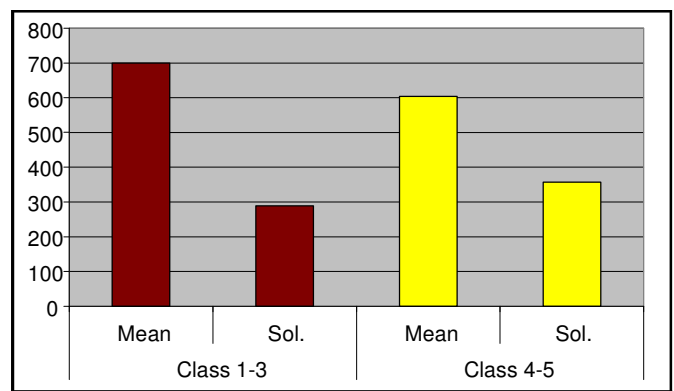


Fig. 9 : Sodium

Table 1 : Mean intake of various nutrient in the children according to class

Nutrient intake	Class 1-3		Class 4-5	
	Mean	Sd.	Mean	Sd.
Calories	458.42	62.29	477.54	60.63
Protein	12.44	3.18	12.14	3.24
Calcium	72.35	49.88	88.87	67.63
Vit 'A'	46.72	38.79	52.03	36.63
Vit 'B'	0.13	0.12	0.15	0.11
Vit 'C'	5.17	5.02	5.57	5.12
Iron	3.98	2.17	3.17	2.11
Fat	6.33	1.87	6.24	2.01
Riboflavin	0.07	0.05	0.09	0.05
Niacin	1.66	1.29	2.01	1.08
Carbohydrate	87.48	14.67	92.22	13.79
Fibre	1.06	0.57	0.88	0.59
Sodium	698.18	287.76	603.63	355.93

While the mean nutrient in table of calories, calcium, vitamin 'A', vitamin 'B', vitamin 'C', riboflavin, carbohydrate and niacin was found to be more among the children studying in class 4 to 5 as compared to children studying in class 1 to 3.

Statistically significant difference regarding mean nutrient of calories, calcium, iron, riboflavin, carbohydrate, niacin, fibre and sodium were observed between the children studying 1 to 3 and 4 to 5 ($p < 0.05$).

However, no significant difference regarding the mean nutrient in table of protein, vitamin 'A', vitamin 'B' vitamin 'C' and fat were observed between the children studying in class 1 to 3 and 4 to 5 even at 5 per cent level of significance.

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