

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

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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. The present study aims to know the mean intake of various nutrients among the children according to districts of Meerut Region.

KEY WORDS : Midday meal, Nutrients, Mean intake, Calories, Protein, Calcium

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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. In 1928, Keshave Academy of Calcutta introduced compulsory mid day tiffin for school boys on payment basis at the rate of four annas per child per month. In 1941, in parts of Kerala, the school lunch programme was started. Bombay started implementing a free mid-day meal scheme. A mid day meal scheme was introduced in Bangalore city in 1946 to provide cooked rice and yoghurt. Uttar Pradesh government introduced a scheme on voluntary basis, to provide meals consisting of boiled or roasted or sprouted grams, ground nut, and basis puffed rice, sprouted potatoes or seasonal fruits.

Objectives:

To know mean intake of various nutrient the children according to districts of Meerut region.

Multistage stratified sampling technique will be used for selecting the sample of the study, Meerut region will be 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. After that from these schools raw food materials viz., rice, water, spices, salt, and grams had to be collected for the study.

Table 1 shows that mean intake of various nutrients

the children according to districts. 300 students were selected from Meerut region. 60 students each were selected from district Bulandshahr, Meerut, Ghaziabad, Baghpat and Gautam Budha Nagar, respectively. According to Fig. 1, 2, 3 and 4 the mean nutrient intake of calories, protein, calcium, iron, fat and fibre was found to be more among the children studying in the district of G.B.Nagar as compared to children were studying in districts of Bulandshahr, Meerut, Ghaziabad and Baghpat, respectively.

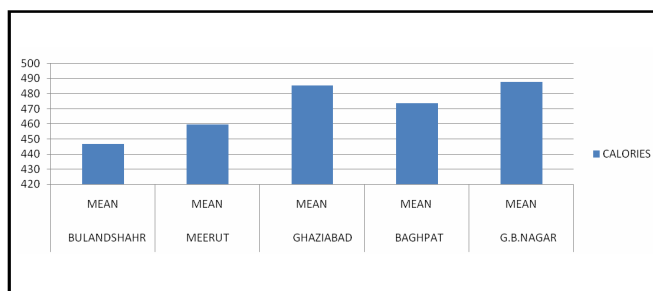


Fig. 1: In take of calories in Meerut region

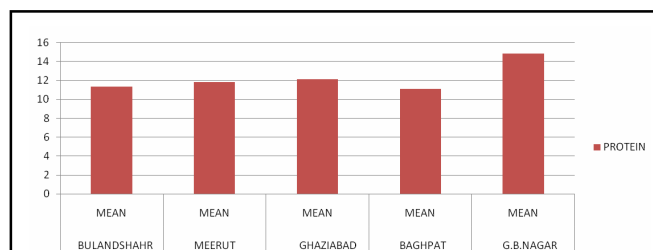


Fig. 2: In take of protein in Meerut region

Table 1: Mean intake of various nutrient the children according to districts of Meerut region

Nutrients	Bulandshahr		Meerut		Ghaziabad		Baghpat		G.B. Nagar	
	Mean	S.D.	Mean	S.D.	Mean	S.D.	Mean	S.D.	Mean	S.D.
Calories	446.8	42.48	459.57	71.87	485.61	57.07	473.56	75.52	487.74	44.94
Protein	11.35	2.41	11.84	3.88	12.11	2.32	11.1	2.85	14.87	2.92
Calcium	57.2	37.91	54.76	24.27	77.79	59.45	110.89	78.46	113.99	66.97
Vit.-A	25.23	24.32	77.15	50.11	55.76	43.58	53.99	18.63	38.55	12.48
Vit.-B	0.1	0.08	0.21	0.18	0.13	0.08	0.15	0.06	0.11	0.06
Vit.-C	3.47	3.77	9.51	4.74	6.41	5.85	6.32	4.46	1.42	0.43
Iron	3.75	2.08	3.42	2.1	3.18	1.95	2.12	0.85	4.84	2.52
Fat	5.77	2.67	5.95	2.37	5.64	2.04	6.96	0.74	7.02	0.13
Riboflavin	0.05	0.04	0.09	0.04	0.08	0.05	0.11	0.05	0.07	0.05
Niacin	1.46	1.18	2.56	1.36	1.92	1.21	2.33	0.37	1.15	0.81
C. Hydrate	87.25	13.89	89.6	16.76	95.79	14.25	90.11	14.23	89.81	10.12
Fibre	0.95	0.47	1.1	0.73	0.85	0.45	0.62	0.3	1.22	0.69
Sodium	652.22	326.13	709.77	278.47	603.79	358.4	600.49	350.67	622.08	348.2

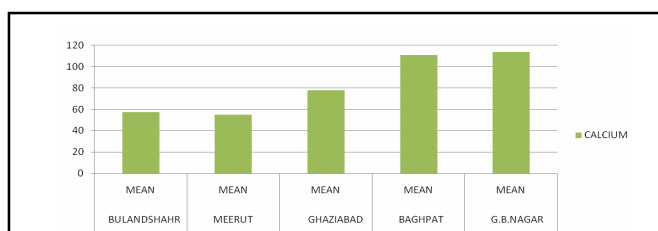


Fig. 3: In take of calcium in Meerut region

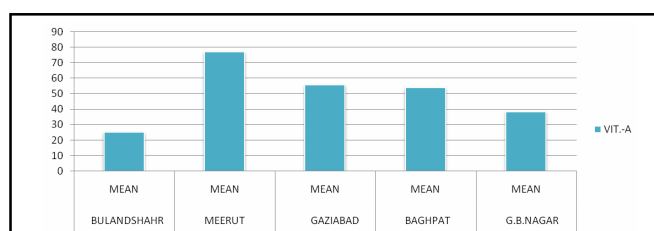


Fig. 6: In take of Vit. -A in Meerut region

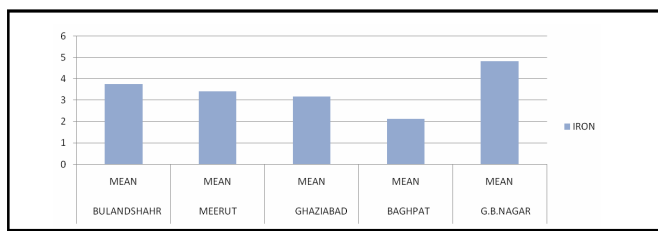


Fig. 4: In take of iron in Meerut region

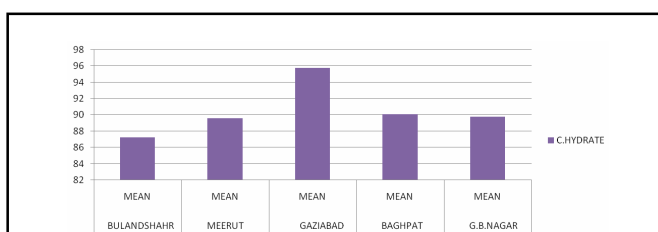


Fig. 5: In take of C.hydrate in Meerut region

While the mean nutrient intake of riboflavin was found to be more among the children studying in the district of Baghpat as compared to children studying in district of Bulandshahr, Meerut, Ghaziabad and G.B.Nagar, respectively and according to Fig. 5 the mean nutrient intake of carbohydrate was found to be more among the children studying in district Ghaziabad as compare to

children studying in the district of Bulandshahr, Meerut, Bagpat and G.B.Nagar, respectively .The mean nutrient intake of vit. A, vit.B ,vit.C, niacin and sodium was found to be more among the children studying in the district of Meerut as compared to children studying districtof Bulandshahr, Ghaziabad, Baghpat and G.B.Nagar respectively.

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