

A study on eating habits of selected obese school going children

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Received: 01.01.2016; Revised: 13.04.2016; Accepted: 27.04.2016

■ **ABSTRACT :** Nutritional status of obese school going children were assessed in Western Maharashtra *i.e.* Pune, Nashik and Ahmednagar districts. For this study, 600 obese school going children were selected, from which 224 boys and 376 were girls in 6- 16 age group of 6-16 years. The obesity of these children were assessed by using BMI. Eating habits of these children were examined by using questionnaire and dietary recall method. It is found that eating habits like preference for junk food, skipping meal and eating in front of TV marked as correlating factors for its effect on overweight and obesity.

■ **KEY WORDS:** Eating habits, Obese school, BMI, TV marked

■ **HOW TO CITE THIS PAPER :** Kamble, Rajkumar M. and Dubey, Anuradha (2016). A study on eating habits of selected obese school going children. *Asian J. Home Sci.*, 11 (1) : 83-87, DOI: 10.15740/HAS/AJHS/11.1/83-87.

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