

A comparative study on average food intake of rural and urban adolescent boys in Chapra (Saran) district of Bihar

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■ **ABSTRACT** : For the purpose 82 adolescent boys from rural and 88 adolescent boys from urban area were randomly selected. A descriptive research design has been used. Information on dietary intake of the adolescent was collected by 24 hours recall method. The data were collected for three consecutive days. It may be inferred from the table that percentage adequacy obtained by rural and urban adolescent boys was above 90 per cent only in case of cereal consumption. But, percentage adequacy was less than 50 per cent in case of green leafy vegetables, fruits and milk products in rural as well as in urban area. It may also be concluded from the results that average food intake of rural boys was higher in most of the food groups except green leafy vegetables, other vegetables, fruits and sugar. However, average intake of total vegetables was higher among rural boys in consumption to urban adolescent boys.

■ **KEY WORDS** : Rural adolescent, Urban adolescent, Average food intake, RDA, Percentage adequacy

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There are 1.4 Bn Adolescents ages between 10-19 years in developing nations, making up 1/5th to 1/4th of their countries population but often receive few health care resources and vacant attention(Pandey *et al.*,1999).

Adolescent is a significant period of human growth and maturation. It may represent a window of opportunity to prepare nutritionally for adult life. This period is characterized by an exceptionally rapid rate of growth which exceeds only during fetal life and early infancy(Medhi *et al.*,2007).

Adolescents are the best human resources but for many years,their health has been neglected because they were considered to be less vulnerable to disease than young children or the very old ones.

The increase in attention towards adolescents is previously due to recognition of the increased significance of this group as a proportion of the total population.

Nutrition is an important indicator of the health and overall status of adolescents.Adolescent's growth and development is closely linked to the diet they receive during the childhood and adolescence (NNMB,2002).

Due to rapid accretion of new tissues and other widespread developmental changes, nutrition needs are also more during this period of life cycle (Medhi *et al.*, 2007).

Inadequate diet and unfavourable environments in developing countries may adversely influence in the growth and nutrition of adolescents. Poor nutrition during adolescence can impair the work capacity and productivity of adolescent boys and girls in their latter years.

Most of the researches have traditionally been conducted on infants,pre-school children, pregnant and lactating women but adolescents receive few health care resources and least attention even,very few studies have been focussed on rural and urban adolescents at the same time.

Hence, the present investigation has been conducted in Chapra (Saran)district of Bihar with the main objective:

To assess the average daily food intake of rural and urban adolescent boys in Chapra (Saran), district, Bihar and its comparison with recommended dietary allowances.