

# A study on the nutritional status and food consumption pattern of school going children alongwith suggested healthy receipes

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Malnutrition is widely recognized as a major health problem in developing countries. Growing children in particular are most vulnerable to its consequences. Cases with mild-to-moderate malnutrition are likely to remain unrecognized because clinical criteria for their diagnosis are imprecise and are difficult to interpret accurately. Malnutrition are one of the largest public health problems of our country. It is a condition which arises due to the deficiency of protein and calorie in the diet. Although it affects all ages, the results are drastic in childhood due to the highest requirements in that period. Malnutrition limits development and the capacity to learn. It also costs lives: about 50 per cent of all childhood deaths are attributed to malnutrition. In India, around 46 per cent of all children below the age of three are too small for their age, 47 per cent are underweight and at least 16 per cent are wasted. Many of these children are severely malnourished. The present study was carried out on 200 school going children in selected area of Varanasi by cluster and purposive random sampling method. Maximum children were belong to age group 10 to 15 years. Measurements were taken by standard techniques (Jelliff, 1968). Pre-tested and pre-designed questionnaire was used in the survey. The present study is undertaken to evaluate the food consumption pattern of children and its relation with their BMI. Out of which 92.5 per cent were underweight and 7.5 per cent were normal. The daily food intakes of school going children were lower than RDA. The data revealed that wheat, pulses, rice and vegetables are consumed daily and on the other hand fruits, milk and milk product, oil and fats, sugar and jaggery are less consumed. Therefore, the method of preparation of some recipes are suggested for malnourished children. These recipes were evaluated by numerical scoring test and their nutritive value was determined by standard methods.

**Key Words :** Nutritional status, Food consumption pattern, Body mass index

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