

NUTRIENT INTAKE AND FOOD ADEQUACY OF THE SCHOOL

GOING CHILDREN OF ALLAHABAD DISTRICT

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ABSTRACT

Children require an adequate supply of nutrients for growth, energy and to maintenance of body functions. Their brains rely on a constant supply of nutrients in order to function properly. The present study was undertaken with objective to assess the meal pattern, dietary behaviour, preference of food variety and adequacy of nutrients in the diet of school going children and to identify the foods items preferred in their packed lunch. Total 150 samples were purposively selected from Allahabad district of UP. Data was collected with the help of pre-tested questionnaire, interviewing mother and other care takers. The questionnaire elicits information about General profile, Dietary Survey which includes the 24 dietary recall and food composition tables for meal pattern, dietary behaviour, and preference of food variety. The result reveals that the majority of children were non-vegetarian (79.59%) and following four meal patterns (61.22%). It was observed that the mean nutrient intake for energy, protein, iron & calcium was lower than the RDA in all the age groups. The fat intake was higher in all the age groups. In minerals, intakes are lower in all the age group except in 4-6 yrs age group in which mean calcium intake was slightly higher than the RDA. Most of the respondent preferred to give *Bread-Jam and Maggi* in their packed lunch. Hence, it was concluded that adequacy of nutrient intake were lower than the RDA. Children prefer to have fast foods, chocolates and cold drinks in their diet.

KEYWORDS: Children, Nutrients Dietary Behaviour Adequacy and Packed Lunch