

ASSESSMENT OF NUTRITION STATUS OF PRE SCHOOL CHILDREN

Dissertation for the Degree of Master of Science

Foods and Nutrition

By

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Abstract: Background and Objectives: Objectives were undertaken to assess the nutritional status of pre-school children (3 to 6 years) of Vidhya Vatika Children's University Gandhinagar. To determine the effect of parental education, socio-economic status, lifestyle characteristics and compare the nutritional status of boys and girls.

Methods: A total of 53 students from 3 to 6 years of Preschool comprise the study population. Probability proportional measurement sampling method was used. Data entry and statistical analysis was done with the help of percentages.

Results: This study found more growth in girls than boys. The mean height of boys was significantly higher as compared to the girls. The health status of girls was lower than boys. Majority of the children were consuming cereals and milk in daily, fruits and vegetables two to four days in a month.

Interpretation and Conclusion: The present study shows that the prevalence of underweight is 16%. In the present study, nutritional status and socio-economic status were found to be highly correlated. Thus improving knowledge and awareness about personal hygiene is essential to reduce both forms of malnutrition.

Keywords: Nutritional status, Socio-economic status, Anthropometry. Dietary intake, preschool children.