



# A SURVEY OF DIETARY HABITS OF SCHOOL CHILDREN

Ashish Govindrao Barde

Director of Physical Education

Late. B.S. Arts, Prof. N.G. Science & A. G. Commerce Sakharkherda

## Abstract

The purpose of the study was to find out dietary habits of school children. The population of this investigation was the school children, age of the subjects ranged from 9 to 11 years, of Buldhana District. In reality, since this population in Buldhana city is very large, this study was delimited to 200 boys and girls school children. Simple random sampling technique was employed for the purpose of the investigation. The data were examined by employed Mean, Standard deviation statistical technique to see the significant result and to see the comparison of data percentage statistical techniques. From the observations it is concluded that % fats found in girls and boys are highest because of the intake of oily food. From that we also found that the % of vegetarians is more combatively than the others. When we take a look on B.M.I. we saw that mostly children's are underweight.

**Keywords:** dietary, habits, school children

## Introduction:

Nutritional lifestyle and food preferences which have an effect on energy disbursement and nutrient eating are commonly urbanized more than a phase of moment and principally throughout adolescence. Two most important components influence food selection throughout adolescence. The primary is a superior expedition for self-determination; because in previous times of living, solitary of the habits self-determination is exhibited is from beginning to end intake, or not intake. It is over and over again a time for creation rebellious or individualist statements and adopting community causes. Rather than relying solely on family foods, sources of food may include food outlets, transaction equipment and school

canteen. There are many other factors noted to influence the food choices and nutritional intake in this age group, including general nutrition knowledge, socioeconomic status, urban or rural residence, family composition, cultural and religious proceedings, contribution in games and food publicity.[1]

Nature has provided a variety of foods for healthy dishes and healthy ones. We consume food for the health, development and development of more resistance to infection. Nutrients are said in different proportions in food items, which are essential for the proper development and maintenance of life processes. To prepare a nutritious diet to humans, knowledge of the functions of these nutrients and major food sources is essential.

Nutrition is a basic human need and a condition for a healthy life. Proper food is necessary from the initial stages of life to develop, grow, grow and be active. Food consumption, which depends largely on production and distribution, determines the health and nutritional status of the population.[3]

It has correlation for the science of nutrition and its well-being. Food plays an important role in health and disease. With the current increase in lifestyle disorders across the world, it is important to promote healthy nutrition in all age groups.[2]

## Methodology:

The population of this investigation was the school children, age of the subjects ranged from 9 to 11 years, of Buldhana District. In reality, since this population in Buldhana city is very large, this study was delimited to 200 boys and girls school children. Simple random sampling technique was employed for the purpose of the investigation.

**Data Collection:**

A qualitative diet survey was conducted by the oral questionnaire method. After taking their consent and explaining the purpose of their study, the questionnaire was distributed to all students. The collected data was on food habits, frequency for the sake of different types of food and the likes / dislikes of different food items. Dietary pattern were stratified in three groups of vegetarians, non-vegetarians and egg vegetarians based on animal food intake (red meat / chicken / fish / egg). Vegetarians never consumed any animal meal in their diet; Non-vegetarians consumed all types of animal food;

and egg vegetarians did not consume the food of any animal except the egg, for the purpose of this study, milk one animal diet was not considered.

**Analysis of data:**

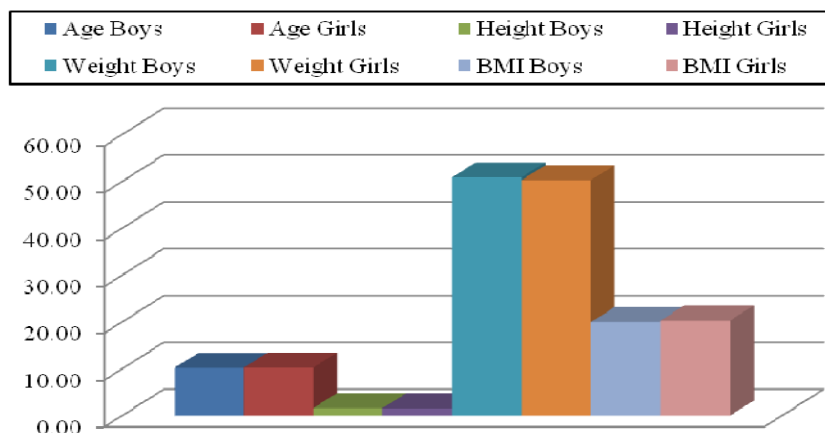
The data were examined by employed Mean, Standard deviation statistical technique to see the significant result and to see the comparison of data percentage statistical techniques. Body mass index (BMI) for age is vital to evaluate the nutritional status of children in this age, as well an opportunity to determine the situation of malnutrition and rates of obesity

**Table-1: Table – II: Mean and standard deviation of age, height, weight and BMI of school children**

Category	Age		Height		Weight		BMI	
Gender	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
Mean	10.160	10.230	1.598	1.576	50.859	50.258	19.976	20.280
SD	0.748	0.763	0.094	0.094	8.451	8.278	3.298	3.238

The analysis of the data shows the results of the study of selected school children, age, height, weight and body mass index (BMI). Out of the 200 children studied, 100 (100.00%) were boys and 100 (100.00%) were girls. The mean age of boys was (10.160 years + 0.748) and the mean age of the girls was (10.230 years + 0.763), the mean height of boys was (1.598

meter + 0.094) and the mean height of the girls was (1.576 meter + 0.094), weight of boys was (50.859 kg + 8.451) and the mean weight of the girls was (50.258 kg + 8.278), the mean body mass index of boys was (19.976 + 3.298) and the mean body mass index of the girls was (20.280 + 3.238) respectively.



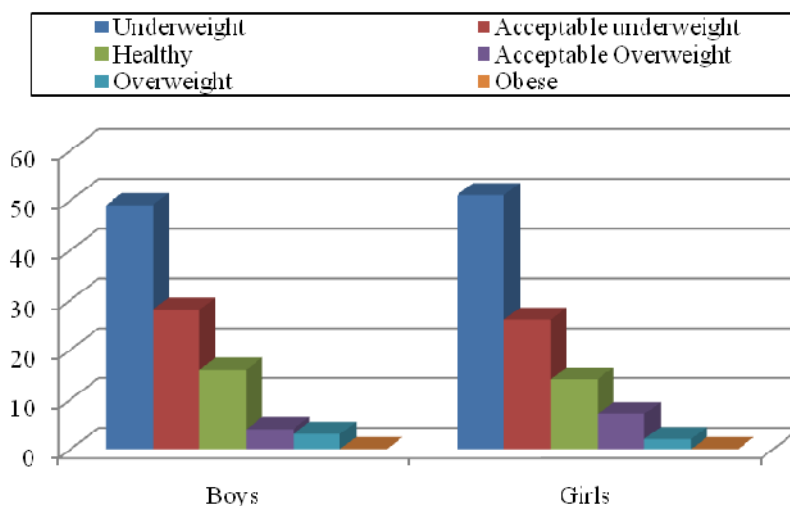
**Figure-1: Mean difference of age, height, weight and BMI between boys and girls school children**

**Table-2: Body mass index category and disease risk for age in children of 9 to 11 years**

Category	Boys	%	Girls	%	Disease Risk
Underweight	49	49.00	51	51.00	High
Acceptable underweight	28	28.00	26	26.00	Low
Healthy	16	16.00	14	14.00	Very Low
Acceptable Overweight	4	4.00	7	7.00	Low
Overweight	3	3.00	2	2.00	High
Obese	0		0		Very High
Total	100		100		

Table-2 clearly observed that the percentage value between boys and girls of body mass index with respect to percentage of different categories are ‘Underweight’ 49.00 % & 51.00%, ‘Acceptable underweight’ 28.00% & 26.00%, ‘Healthy’ 16.00% & 14.00%, ‘Acceptable Overweight’ 4.00% & 7.00%, ‘Overweight’ 3.00% & 2.00% respectively. It reveals that difference was found between the boys and girls body mass index of school children in different categories of body mass index. The higher the value of BMI, the higher is one’s food intake. The value of B.M.I.

between 22.0 to 25.0 indicates appropriate nutrition. The B.M.I. lower to 22 indicates poverty of lesser quantity of diet being taken then the required amount of food while B.M.I greater than 25 indicates lavish and more amount of food than the needed quantity and the individual is classified as overweight. B.M.I reaching 30 indicates obesity and very high risk of getting weight related disease like atherosclerosis, Type-2 diabetes, heart disease, hypertension etc. The children’s comes under underweight category have high risk of diseases



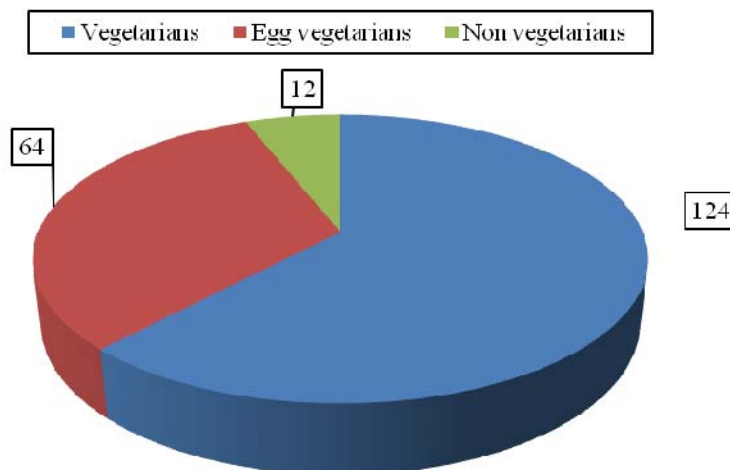
**Figure-2:** Percentage value of body mass index category between boys and girls

**Table-3:** Food habit for boys and girls of school children

Food Habit	Boys	%	Girls	%	Total	%
Vegetarians	54	54.00	70	70.00	124	62.00
Egg vegetarians	39	39.00	25	25.00	64	32.00
Non vegetarians	7	7.00	5	5.00	12	6.00
Total	100		100		200	

Table-3 clearly observed that the percentage value between boys and girls of food habit with respect to percentage of different categories are ‘vegetarians’ 54.00 % & 70.00% and total percentage 62.00%, ‘egg vegetarians’ 39.00% & 25.00% and total percentage 32.00 and ‘non vegetarians’ 7.00% & 5.00% and total

percentage 6.00% respectively. It reveals that difference was found between the boys and girls food habit of school children in different categories. It was indicate that majority of vegetarian children. In is found that % vegetarian boys and girls are more than the other food eating.



**Figure-3:** Percentage value of food habit for boys and girls of school children

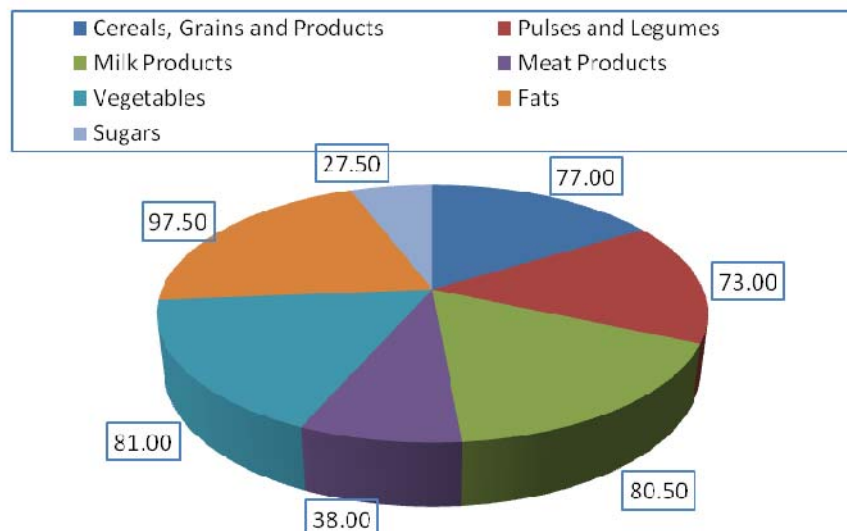
**Table-4:** Division of children according to variety of foods eaten.

Food Group	Boys	%	T(B)	Girls	%	T(G)	Total	%	T(B&G)
Cereals, Grains and Products	82	82.00	100	72	72.00	100	154	77.00	200
Pulses and Legumes	68	68.00	100	78	78.00	100	146	73.00	200
Milk Products	76	76.00	100	85	85.00	100	161	80.50	200
Meat Products	46	46.00	100	30	30.00	100	76	38.00	200
Vegetables	78	78.00	100	84	84.00	100	162	81.00	200
Fats	98	98.00	100	97	97.00	100	195	97.50	200
Sugars	25	25.00	100	30	30.00	100	55	27.50	200

\*\*T(B)=Total Boys, T(G)= Total Girls and T(B&G)= Total Boys and Girls

Table-4 clearly observed that the percentage value between boys and girls of food group with respect to percentage of different categories are ‘Cereals, Grains and Products’ 82.00 % & 72.00% and total percentage 77.00%, ‘Pulses and Legumes’ 68.00% & 78.00% and total percentage 73.00, ‘Milk Products’ 76.00% & 85.00% and total percentage 80.50, ‘Meat Products’ 46.00 % &

30.00% and total percentage 38.00%, ‘Vegetables’ 78.00 % & 30.00% and total percentage 38.00%, ‘Fats’ 98.00% & 97.00% and total percentage 97.50%, and ‘Sugars’ 25.00% & 30.00% and total percentage 27.00% respectively. It reveals that difference was found between the boys and girls food group of school children in different categories of food groups.



**Figure-3:** Percentage value of food groups for boys and girls of school children

### Conclusion:

From the observations it is concluded that % fats found in girls and boys are highest because of the intake of oily food. From that we also found that the % of vegetarians is more combatively than the others. When we take a look on B.M.I. we saw that mostly children's are underweight.

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