

Proceedings of
International
Seminar on
**"PERSONALIZED
NUTRITION IN
AN INNOVATIVE
WORLD"**



HOLY CROSS HOME SCIENCE COLLEGE

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Karolin. A
S. Sulochana
S. Rajalakshmi

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On

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SOCIO- ECONOMIC PROFILE OF SELECTED CHILDREN

UNDER NOON MEAL PROGRAMME

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Introduction

Children are considered to be the back bone of the nation. India has one of the largest populations of school going children. The children belonging to different socio-economic strata constitute around 40% of its population. A majority of them share the socio-economic deprivation of their parents, and do not have access to essential requirements of nutrition, health care and learning opportunities (Bhargava et al., 2015). Children constitute principle assets of any country. Children's development is very important for the overall development of society and the best way to develop national human resources is to take care of children. India has the largest child population in the world. All efforts are being made by the Government for the development and welfare of children (Batoool et al., 2012). In order to develop a scientifically sound and economically feasible health status of the children, the best and most effective long term approach is good nutrition. Nutrition is a fundamental pillar of human life, health and development across the entire lifespan. From the earliest stages of foetal development, at birth, through infancy, childhood, adolescence, and into adulthood and old age, proper food and good nutrition are essential for survival, physical growth, mental development, performance and productivity, health and well-being (WHO, 2000). Nutrition is a significant factor in the growth, development and overall functioning of a child. Meeting nutritional requirements throughout childhood is essential for the development. An inadequate or imbalanced nutritional intake may not only affect growth and development in childhood but may also have its impact on health problems, such as heart disease later in life (Mansur et al., 2015). Growth is a significant indicator of nutrition status and health as poor diet and frequent infections can lead to growth retardation. So, the aim of the present study is to elicit information on socio- economic status and dietary pattern of the selected subjects as well as to assess the nutritional and health status of the selected subjects.

Key words: School children, noon meal, socio economic status, nutritional status

Methodology

The research was carried out in government schools in Madurai, Madurai district, Tamil Nadu. The area which was selected for the study was based on the convenience of the