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A study on the nutritional status of mid-day meal gaining pre-school children in urban area of Sultanpur city

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Abstract
The objective of present investigation was a study on the nutritional status of mid-day meal gaining pre-school children in urban area of Sultanpur city. The mid-day meal scheme was launched by the ministry of human resource Development, Department of education with effect from 15th august 1995 for the benefit of students in primary school in employment assurance scheme (EAS) earlier revamped public Distribution system blocks (2368). The scheme covers students class I-V in the government primary schools. The objective of this study was to investigate the nutritional status of the selected primary school children and the type of food provide by the school. The selection of the study area was primary school of Sultanpur city which was purposively selected for the study. Total 100 primary school children were selected for the study purpose. Mid-day meal has been provided to all Government primary school. Maximum 62(%) number of respondents taken boiled food and 25 (%) number of respondents taken fried food and minimum 3 (%) number of respondents taken steamed food and 10(%) number of respondents taken all these types of food.

Keywords: Nutritional, mid-day meal, urban area

Introduction
This comes under Ministry of Human Resource Development. On the recommendations of National School Health Committee, the Government of India started a Scheme for providing mid-day meal to school children in all States with effect from 15th August 1995. The Government of India pays 40 per cent of expenditure and 60 per cent is borne by the States. It covers all children up to the age of 15 years.

The noon meal programme was launched on July 1st 1982 by the late M.G. Ramachandran, then the Chief Minister of Tamil Nadu in rural areas and then extended to the urban areas.

This is world's largest school feeding programme. Under this programme 12 crore children are covered (2006). In this programme students from class I to V in Corporation, Government and Government aided schools are given a free Mid-Day Meal for 200 days in a year. Under this programme government of India provides 100 g of wheat/rice, 15 gm dal, 1 g oil and 20 paisa worth of vegetable.

The meals given are based on a combination of cereals, pulses and leafy vegetables. Eggs are given thrice a week. Such a diet would increase the amount of vitamins and minerals and results in weight gain and clearance of deficiency symptoms.

Some States are making this Mid-Day Meal better by contributing their own funds to this programme. In drought hit areas this meal is given during summer vacations also. Everyday a variety of meal-pulses- pulse-rice-roti-vegetables- Khichadi, Dalia, and rice-sambar can be served so that children can eat together happily. Mothers must volunteer to take turn to supervise the feeding of the children.

Mid-day Meal is a school meal programme designed by the government of India. It is designed for improving the nutritional status of school goers, children and It involves the provision of free lunch on working days for the children in primary and upper primary classes with a view to improving universalisation of primary education by improving enrollment, attendance, retention and learning level of children, especially those belonging to disadvantaged sections of society.

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One of the primary objectives of the Mid-Day Meal Scheme the world's largest school feeding programme is to enhance children's nutritional profile, thus having a positive impact on their health as well as learning outcomes. Nutrition, as we all know, forms the pillar for sustainable growth of the human body and mind. So elaborate measures are taken to ensure that the meal provided as a part of this school lunch initiative meets nutritional norms specified as a part of the MDM Guidelines.

Our cumulative lifelong learning capacities and productivity are enhanced by adequate nutrition in childhood. Therefore, investing in child nutrition is considered one of the most effective entry points for human development. This makes nutrition welfare schemes such as the Integrated Child Development Services (ICDS) and Mid-Day Meal Scheme—with children as their beneficiaries, integral to human development, and thus, socioeconomic development of the country.

The beneficiaries of the Mid-Day Meal Programme are children in the age group of 6 to 14 years. The speedy growth associated with this age creates increased demands for energy and nutrients, particularly at the peak of the adolescent growth spurt, when the nutritional requirements can be higher than the remaining period of adolescence. Therefore, it is necessary to address the nutritional gaps at this particular age by satiating short-term hunger and at the same time, providing opportunities to combat long-term hunger. Both are equally important to boost the concentration levels in the children for enhanced learning outcomes.

Objective
▪ To assess the Nutritional Status of the selected Pre-School Children.
▪ To assess the Hygiene condition of Preparation of Mid-Day Meal.

Method and Materials
The study entitled '' a study on the nutritional status of mid-day meal gaining pre-school children in urban area of sultanpur city.'' Scientific methodology is necessary for a successful study as it directly indicates words the authenticity of the research and attempt has been made to provide the detail of techniques employed to attain this objective of a present investigation. Methodology includes techniques; devices and procedure applied for conducting the research, in this study, on the nutritional status of Mid-May Meal gaining pre-school children urban area of Sultanpur city research methodology was categorized in the following points.

Research Design
Simple random sampling was taken for sampling. Primary and secondary data would be collected through interview schedule questionnaire.

Selection of area
Sultanpur city of Uttar Pradesh was purposively selected for this study as it is a district with population rapidly changing their life styles living pattern.

Selection of Sample Size
Total 100 Pre-school children were selected for the study.

Method of study
A statistical figures in dispensable for scientific work in this study was primarily based on the data collection and well developed scheduled to make each interview as comprehensive as possible. The open ended questionnaire in which rigid ticking of respondent every opportunity to speak in a natural and uninhibited way.

Analysis of data
The data was analyzed using talk mark method the finding have been presented form of labels tabulation of data will be make comparison of each attribute in the different attributes study each group in the table express in term of frequency & percentage. The selected samples would be interviewed personally.

Statistical Analysis

$$(\%) = \frac{N}{\text{Total number of Student}} \times 100$$

(%) = Percentage
N = Number of frequency
T.N. = Total number of Student

Result and discussion

Table 1: Distribution of respondents on the basis of their Age group.

Age group	Frequency (N = 100)	Percentage (%)
5-8	60	60
8-10	40	40
Total	100	100

Above figure Shows that distribution of mid-day meal the basis of their age group 60 respondents belonged up to 5-8year age, whereas 40 into 8-10 years Age group.
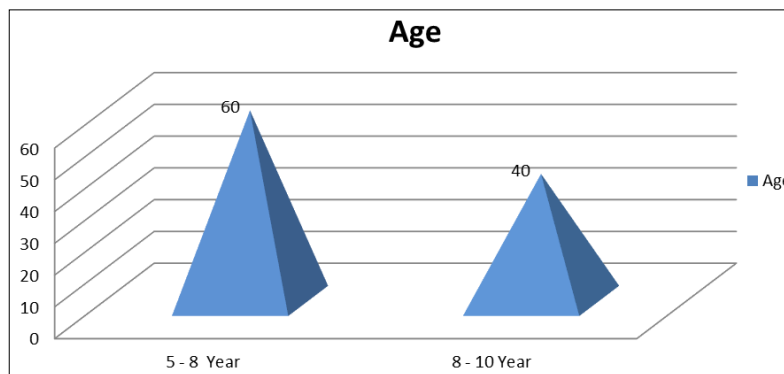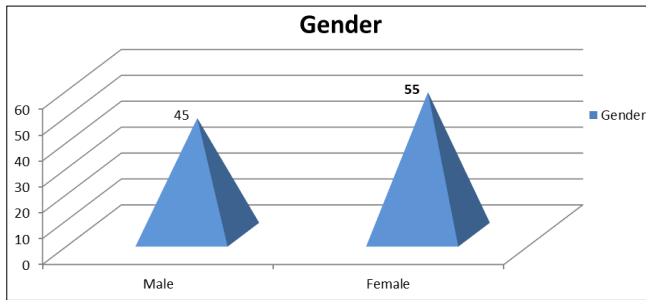

Fig 1: Distribution of respondents on the basis of their Age group.

Table 2: Distribution of respondents on the basis of their Gender.

Gender	Frequency (N = 100)	Percentage (%)
Male	45	45
Female	55	55
Total	100	100

Above figure Shows those minimum 45 numbers of respondents were male and maximum 55 numbers of respondents were female.
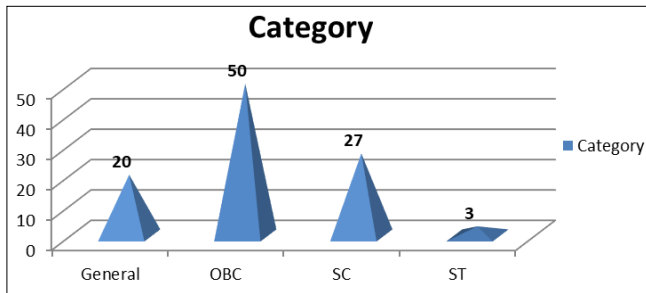

Fig 2: Distribution of respondents on the basis of their Gender.

Table 3: Distribution of respondents on the basis of their Category.

Category	Frequency (N = 100)	Percentage (%)
General	20	20
OBC	50	50
SC	27	27
ST	3	3
Total	100	100

Above figure shows that 20 numbers of respondent's General category and 50 numbers of respondents of OBC category and 27 respondents SC category and 3 respondents ST category.
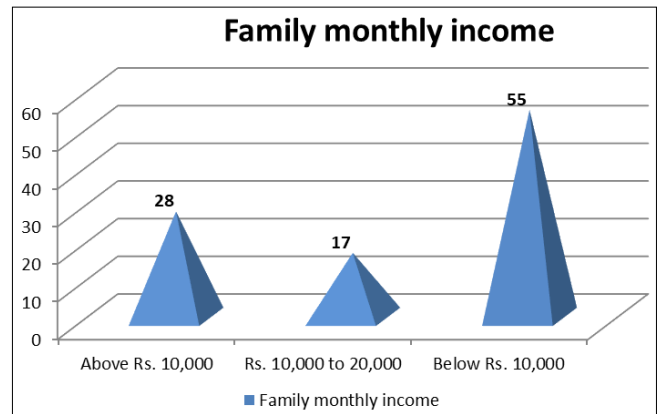

Fig 3: Distribution of respondents on the basis of their Category.

Table 4: Distribution of respondents on the basis of their Family monthly income.

Monthly income	Frequency (N=100)	Percentage (%)
Above Rs. 10,000	28	28
Rs. 10,000 to 20,000	17	17
Below Rs. 10,000	55	55
Total	100	100

Above figure Shows that 28 numbers of respondents family had a monthly income of Above Rs. 10,000, and 17 numbers of respondents families had a monthly income of Rs. 10,000 to 20000 and minimum 55 numbers of respondent's families had a monthly income of below Rs.10, 000.
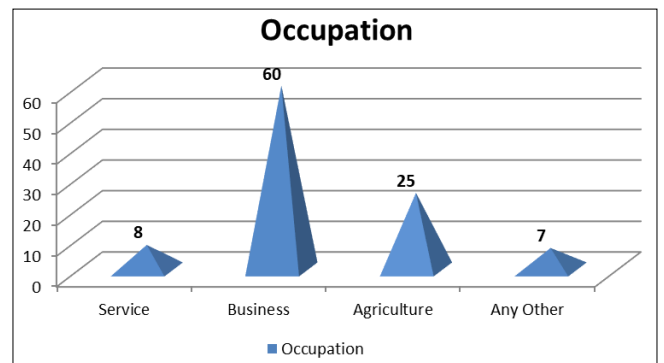

Fig 4: Distribution of respondents on the basis of their Family monthly income.

Table 5: Distribution of respondents on the basis of their Occupation.

Occupation	Frequency (N = 100)	Percentage (%)
Service	8	8
Business	60	60
Agriculture	25	25
Any Other	7	7
Total	100	100

Above figure Shows that 8 number of respondents were in service and 60 numbers of respondents were in Business and 25 numbers of respondents were based on agriculture and 7 numbers of respondents had any others occupation.

Fig 5: Distribution of respondents on the basis of their Occupation.

Table 6: Distribution of respondents on the basis of their Family Size.

Family Size	Frequency (N = 100)	Percentage (%)
Below 5	29	29
5 to 8	53	53
Above 9	18	18
Total	100	100

Above figure Shows that 29 numbers of respondents below 5 and 53 numbers of respondents had family size based on 5 to 8 and 18 numbers of respondents above 9.
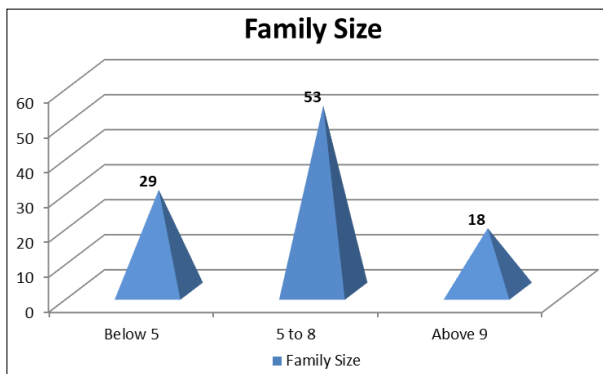
Fig 6: Distribution of respondents on the basis of their Family Size.

Table 7: Distribution of respondents on the basis of their Family Type.

Family Type	Frequency (N = 100)	Percentage (%)
Joint	35	35
Nuclear	65	65
Total	100	100

Above figure Shows that minimum 35 numbers of respondents had joint family and maximum 65 numbers of respondents had nuclear family.
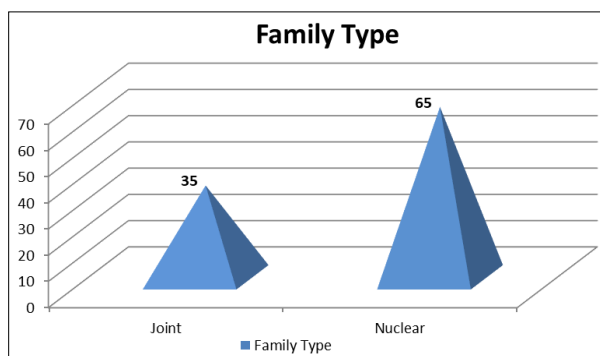

Fig 7: Distribution of respondents on the basis of their Family Type.

Table 8: Distribution of respondents on the basis of their BMI.

BMI	Frequency (N = 100)	Percentage (%)
Under	60	60
Normal	20	20
Over	20	20
Total	100	100

Above figure Show that maximum 60 numbers of respondents were under weight and 20 numbers of respondents were normal weight and while minimum 20 numbers of respondents were overweight.
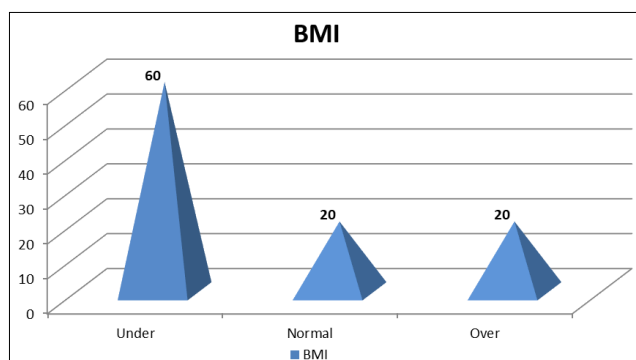

Fig 8: Distribution of respondents on the basis of their BMI.

Summary and conclusion
The present dissertation was undertaken to study the nutrition profile of primary school children mid-day meal. The survey study was carried out in the Sultanpur city. The samples size was restricted to 100 and study samples were selected randomly.

The study was under taken with the following objectives:
• To assess the Nutritional Status of the selected Pre-School Children.
• To assess the Hygiene condition of Preparation of Mid-Day Meal.

The study of the nutritional status of pre-school children were based on the available of subject and ease in the follow up study. So total 100 pre-school children were selected from Sultanpur.

Pre-tested and pre-structured interview schedule was used for the collection of data from the respondents. The schedule was including aspects which were lead to the fulfillment of the objective of this study.

The interview schedule was including the following information General profile, survey dietary intake and anthropometric measurement. They were tabulated and analyzed statistically.

The results are summarized as followed
• Shows that distribution of mid-day meal the basis of their age group 60 respondents belonged up to 5-8year age, whereas 40 into 8- 10 years age group.
• Shows that minimum 45 numbers of respondents were male and maximum 55 numbers of respondents were female.
• Shows that 20 numbers of respondent's General category and 50 numbers of respondents of OBC category and 27 respondents SC category and 3 respondents ST category.

Conclusion
Oral questionnaire or interview method was chosen for the research purpose which includes onset of mid-day meal primary school children (1-10) years the result obtained from the statistical analysis revealed that children in Sultanpur districts. In conclusion this study. The dietary habits of children were not good because they skip meal. Family income lower group and their appearance were poor. Mid-day meal providing one time their children as menu of them do not take breakfast in the morning

Limitation of the study
• Since the study is carried out for short period so that the time and other resources are limited to an extent.
• The sample size of this study was restricted and area of study was limited to primary school in Sultanpur city.
• It was a interview schedule method which has its own limitation of respondent's dependent information without any alternative.

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