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**Stella Mary Mendonca**  
Research Scholar, Department of  
Home Sciences, YBN University,  
Ranchi, Jharkhand, India

**Dr. Renu Bose**  
Lecturer Senior Scale,  
Department of Home Sc.,  
V.B.U., Hazaribagh, Jharkhand,  
India

### Features of mid-day meal scheme and parental attitude on this scheme: A study in Hazaribagh

**Stella Mary Mendonca and Dr. Renu Bose**

#### Abstract

Mid-day meal Scheme with the aim to focus on nutrition status and the primary education of children. Mid-day meal Scheme a very sensitive program sponsored by central government which was launched on 15th August 1995. The present study Features of Mid-Day Meal Scheme and parental attitude on this scheme: A study in Hazaribagh was based on both analytical as well as descriptive study. Its objective was to study of various facts associated with Features of Mid-Day Meal Scheme and parental attitude on this scheme. The study was done with the aim of sample of 120 from rural area of Ichak Block and schools of government and Semi Government. The main hypothesis was Mid-day meal scheme plays a vital role in fulfilling the nutritional need of school children and helps in improvement of education. After the data was collected and analysis of data and facts the significant result was found, that mid-day meal scheme takes part in fulfilling the nutritional need of school children and improvement of education.

**Keywords:** Mid-day, meal, scheme primary, education analytical, descriptive

#### Introduction

Various facts under present research dealt with the empirical findings of the survey was conducted.

Malnutrition is main cause of poor health of primary school children. The reason behind, poverty is most common and important factor and due to poverty one third of school children are malnourished. Children are underdeveloped both physically and cognitively which makes schooling difficult for them.

Life style and bad eating habits are the common cause which acquired during childhood results into malnutrition can lead to serious disease later in life. To promote the growth pattern and minimize the incidence of malnutrition of primary school going children, the government of India has launched provision of providing MDM at School level. Keeping these facts in consideration, the present research study has been structured to analyse the role of Mid-Day meal on nutritional status and their growth pattern also.

The Provision of implementation of mid -day meal scheme to provide free school meals for improving school participation. School meal help to satisfy classroom hunger which promote both health and education. Mid-day meal provides one meal to school attending children.

**Review of literature:** Age of primary School going also known as age of middle childhood age (with the age of 6-10years). This stage is fourth developmental period in one's life span, which is of very important as after infancy as well as toddler and second important period preschool stages (RM Kliegman 2008) [5].

The Mid-day meal scheme is a nutrition based scheme by which lunch is provided in the form of school meal. The Government of India centrally focused and deigned to fulfill the nutritional need and to improve the status of education of school age children nationwide Rajan-Chettiparambil (July 2007) [2].

The National Family and Health Survey reported that nutritional status and education of school age children very poor. About 44 percent of girls child are still suffering from specially iron deficiency, which is called anaemia and are underweight (NFHS-3 2006) [7].

India reported as has 42 percent of the, whole population of worlds are underweight children (A world Bank 2008).

**Corresponding Author:**  
**Stella Mary Mendonca**  
Research Scholar, Department of  
Home Sciences, YBN University,  
Ranchi, Jharkhand, India

It's in record that, 58.6 Percent of the children age among the group specially 6-9 years and the another group 77.9 percent of the second group, children of the age group 10-13 are found as under weight (National Nutrition monitoring Bureau), (National Institute of Nutrition (NIN), ICMR.

The National programme for nutritional support to primary education, popularly known as mid-day meal (MDM) programme in India started on August 15, 1995 in the largest school based nutritional programme in the world (AM Chutani 2012) [10].

MDM Scheme is the largest school lunch program based on nutritional enrichment in the world to satisfy the classroom hunger, which helps in improving the nutritional status of the children of (1<sup>st</sup> to 8<sup>th</sup> standards) belongs to upper and lower primary school age., hence it plays a vital role in increasing enrolment and retention of students, parents and teachers who enhance social integration and inculcate eat in a manner for good food habits development in children. (GS Kainth 2013) [11].

Under nutrition causes many problems such as Physical, mental and Psychological problems which leads to behavioral problems of millions of children and is main issue of child death. (World Bank 1993, Falkner 1991) [12].

India stands 25<sup>th</sup> on the Global hunger Index with 46% of underweight children below 5 years of age. (State of world children, 2008)

Under nutrition recorded as highly prevalent in India among rural children in India. (NNMB, NIN, ICMR 2002)

Mid-day meal programme was sponsored since a decade in India. It was recorded, that under nutrition is highly prevalence due to intermittent supply of food, bad food habits and poor quality of food. (Union Audit Report. Performance Audit Report no.- 13 of 2008).

## Methods and Materials

The present study was based on both analytical and

descriptive study. Its objective was to study of various facts associated with Features of Mid-Day Meal Scheme and parental attitude on this scheme. The study based on sample of 120 from rural areas from government and Semi Government. The main hypothesis was Mid-day meal scheme plays a vital role in fulfilling the nutritional need of school children and improvement of education.

## The present chapter consists of various collected facts, data or information were analysed and further had been followed by discussion

The study based on sample of primary school going children 120 from rural areas. Children were selected, belong to Government and Semi Government (Madrassa/Mastabas/Aided/Minorite) schools (where the mid-day meal is provided). 1. All the children for the study were selected from low economic Status.

## Study tools

### Questionnaire/ Schedule

1. Was prepared for collection of general information and based on dietary survey of Mid-Day Meal in various schools under study.
2. Detail study of role of school administration, attitudes of parents and like and dislikes. Of children, regarding Mid-Day Meal in various schools under study.

Detail information reported and compared under study of role of school administration and regarding Mid-Day Meal implementation and their qualitative and quantitative evaluation with dietary survey in various schools under study.

**Table 1:** Details of Facts of Mid-Day meal accepted by children of Rural Area (Ichak Block of Hazaribag) Under Study

S.N.	Facts related to Mid-Day meal Scheme and students acceptance	Yes No./%	No No./%	To Some Extent No./%
1.	Students agree, that due to mid-day meal, they like School	120/100%		
2.	Students agree that their study being hampered due to Mid-day meal in School.	12/10%	84/70	24/20%

Table No.-01 Shows the idea about facts of Mid-Day meal accepted by children all five schools under study in rural Area (Ichak Block of Hazaribag) taken under study. The most important fact all 120/100% children or students agree with that they like mid-day meal in school. The second one Students agree, that their study being hampered due to Mid-day meal in School. In this regards 12/10% fully agree, 24/20 To Some Extent and mostly 84/79% disagree.

Here 12/10% fact that Students agree, that due to mid-day meal, they like School but the second fact 84/70 Students agree, that due to mid-day meal, they like School, which shows the positive points of successful implementation of mid-day meal scheme. Third fact were 24/20% Students agree, that their study being hampered due to Mid-day meal in School, which suggests to think for little change in implementation of mid-day meal with proper management.

**Table 2:** Details of Facts of Mid-Day meal accepted by children of Rural Area (Ichak Block of Hazaribag) Under Study

S.N.	Facts of Mid-Day meal accepted by children	Yes No./%	No No./%	To Some Extent No./%
1.	Students satisfied and likes mid-day meal.	120/100%		
2.	Students agree, That they take enough meal and their hunger satisfied with mid-day meal.	120/100%		
3.	Students agree, That they like taste of meal and have interest in taking meal.	108/90%	12/10%	
4.	Students agree, That they feel strength after taking Mid-Day meal.	96/80%		24/20%

Table No.-0 2 Shows the idea about facts of Mid-Day meal accepted by children of all five schools under study in rural Area (Ichak Block of Hazaribag) taken under study. The most important fact all 120/100% children or students agree with that they are satisfied and like mid-day meal in school. The fact 120/100% students agree, that they take enough meal and

their hunger being satisfied with mid-day meal. The other fact, that the taste of meal is good and have interest in taking meal. In this regards 108/96% fully agree, 12/10% disagree. The fact students feel strength after taking Mid-Day meal in this regards 96/96% fully agree and 24/20% agree to some extent only.

Here responses collected from students regarding all above facts, indicates positive response of successful implementation of mid-day meal scheme.

### Summary and Conclusion

The Provision of free school meals is the most popular and widely followed intervention for improving school participation. School meal help to subsidize school costs and mitigate classroom hunger. Mid-day meal provides one meal to school attending children.

Many children who come to school empty stomach in the morning. These children belong to lower economic status and disadvantaged group. Mid-day meal is beneficiary for these children because it helps them to stay longer in the school lack of hygiene habits and limited intake of micronutrients contributes towards poor nutrition status of children since Mid-day meal is inadequate for enhancement of learning outcomes. Thus the present study with the above concern is necessary.

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