

**UNIVERSITY GRANTS COMMISSION
BAHADUR SHAH ZAFAR MARG
NEW DELHI – 110 002**

**PROFORMA FOR SUBMISSION OF INFORMATION AT THE TIME OF SENDING
THE FINAL REPORT OF THE WORK DONE ON THE PROJECT**

1. **TITLE OF THE PROJECT:** A study of Effect of Nutrition Education on Eating Habits of School Going Children
2. **NAME AND ADDRESS OF THE PRINCIPAL INVESTIGATOR** Ms. Yogita Santosh Mandole
301, Shridev Shruti Apt., Nr. Bhagwati Hospital, Rameshwadi, Badlapur (W).
3. **NAME AND ADDRESS OF THE INSTITUTION** **Gandhi Shikshan Bhavan's**
Smt. Surajba College of Education
Juhu Road (North) Mumbai 400 049
4. **UGC APPROVAL LETTER NO. AND DATE** **F.23-697/12 (WRO) Dtd: 29.03.2013.**
5. **DATE OF IMPLEMENTATION** **29-3-2013**
6. **TENURE OF THE PROJECT** **TWO YEARS**
7. **TOTAL GRANT ALLOCATED** **Rs 60,000/-**
8. **TOTAL GRANT RECEIVED** **Rs 40,000/-**
9. **FINAL EXPENDITURE** **Rs 60,000/-**
10. **TITLE OF THE PROJECT: "A study of Effect of Nutrition Education on Eating Habits of**
School Going Children".
11. **OBJECTIVES OF THE PROJECT:**

The objectives of the study were as follows:

- To assess current levels of Awareness about Nutrition among Secondary school students in Mumbai.
- To Implement the Nutrition Module amongst the Secondary school Students.

- To compare the level of awareness regarding nutrition amongst the Secondary school Students after implementation of the module.
- **To compare the levels of knowledge about nutrition awareness among**
 1. Girls and Boys studying in secondary school

12. WHETHER THE OBJECTIVES WERE ACHIEVED

Yes the objectives of the project were achieved.

The investigator assessed the levels of awareness about nutrition among the secondary school students with reference to the information about nutrition, like the six basic food groups, nutrients essential for over all development of the body, function of each nutrient, effects of lack of nutrients in the body etc..

The investigator analyzed the student's basic awareness about nutrition amongst the students with the help of a multiple choice questionnaire. Depending upon the student's responses the investigator prepared a nutrition module and got it corrected by the nutrition experts in the field. The experiment was implemented for about two and a half month with the help of handouts, ppt, games, group work, worksheet etc. At the end the investigator again implemented a multiple choice questionnaire whether there is any increase in the awareness level of the students.

The investigator found out the levels of awareness of girls and boys of the secondary school students and compared the levels of awareness.

13. ACHIEVEMENTS FROM THE PROJECT-

The investigator has tried to study a very important issue of nutrition which is in line with the Millennium goals. Lot of insight into the topic has been sought and the researcher has gained a lot of information in the topic which the investigator did not know before. The researcher has been trying an interdisciplinary project so came in contact with experts in this field and gained a lot of knowledge and understanding. The investigator has realized that this topic is of equal importance to all the teachers and the parents. Since the investigator is a teacher Educator, it will be really easy to disseminate the findings to the future teachers and parents and make them realize the importance of good and balanced

diet and not junk food towards which everyone is attracted today. The researcher is fully satisfied with the work done on the project and also would like to create training programmes for the teachers in the topic.

14. SUMMARY OF THE FINDINGS:

Most of the Students were well acquainted with the basic nutrition required for the growth and development, but around 10% still were not aware of the basic nutrients required for the body. Many students were not aware that nutrition is an important aspect and has a lifelong effect on their body.

It was observed that students only knew about few nutrients like carbohydrates, fats, vitamins proteins etc. they didn't have detailed information about the balanced diet neither they had any information about the other food groups required and essential for the body. Students did not have knowledge about the amount of calories required for different age groups to be healthy, fit and fine. They were unaware about the plate proportion for a healthy meal. They were unable to distinguish between types of fat and were also not able to tell which types of fats are required for our body and in how much quantity should they be consumed.

They were unaware of the consequences that would result in their lives due to lack of nutrition. They were introduced to various diseases and other effects which they would suffer if they do not take sufficient and necessary nutrients at the right age.

Students had many wrong conceptions in their minds. They need to be aware that healthy and balanced diet is of utmost importance along with the food which they generally eat and get attracted today. It is essential for students to be sensitive towards these issues.

Further it was found that there was no significant difference in the pre test scores between the boys and girls initially at the beginning of the programme regarding nutritional awareness. Also there was no significant difference in the pre test scores between the boys and girls at the end of the programme. But a considerable amount of difference was seen between pre test and post of girls and pre test and post test of boys. It could be said that both the girls and boys have responded in somewhat similar manner to the programme

15. CONTRIBUTION TO THE SOCIETY:

The food and its constituents form an important part of our daily life. Conducting such researches and propagating the findings would be of utmost importance at every level of schooling in this modernized era so as to sensitize the masses towards ill effects of junk food and also stress and make them understand the importance of good food required for the body. The investigator has concluded from the findings that though the students are somewhat aware of nutrition and its effects but serious measures need to be taken to reach the masses to create more awareness.

The teachers in the school along with studies should include the importance of balanced diet and essential nutrients required for the students and conduct programs of awareness for the parents like expert talks, exhibitions etc

Teachers should take up community awareness projects, conduct interviews, organize competitions for the society so that not only the school but entire community gets advantage of the programme.

16: WHETHER ANY Ph.D. ENROLLED/PRODUCED OUT OF THE PROJECT:

Not as yet. The investigator will motivate students to undertake projects in the topic.

17: NO. OF PUBLICATIONS OUT OF THE PROJECT:

The publication is in process. The Investigator will be publishing the research after submission of the project.

SIGNATURE OF THE PRINCIPAL
INVESTIGATOR

PRINCIPAL