ABSTRACT

To assess the food consumption pattern of pre-school children, the present study was planned and conducted. Looking to this fact, the study was undertaken on a random sample of 100 pre-school children of Pansalwa village of Beldour block of Khagaria district of Bihar. An interview schedule was used for data collection. Daily dietary intake of the children was obtained with the help of 24-hour dietary recall method of diet survey which was undertaken for 3 consecutive days. The study revealed a significant deficit of approximately 50 per cent in all other food stuffs except cereal in the daily dietaries of pre-school children. Consumption of fruits, the protective food was very negligible so that more than 90 per cent of deficit was observed in the habitual diet of children when compared with low cost balanced diet recommended by ICMR.

Key words: Dietary recall, Food consumption pattern, Low cost balance diet