Asian Journal of Home Science, **(June, 2011) Vol. 6 No. 1 : 85-87**

Research Paper :

Diet and nutritional status of Preschool children: A study of rural anganwadi children of Bhagalpur district of Bihar

MANOJ KUMAR AND PRAMILA PRASAD

Received : *April, 2011;* **Accepted :** *June, 2011*

See end of the article for authors' affiliations

Correspondence to:

MANOJ KUMAR
P.G. Department of Home Science-Food and Nutrition, T.M. Bhagalpur University, BHAGALPUR (BIHAR) INDIA
manoj_kumar9210@yahoo.com

ABSTRACT

The present study was conducted in rural AWCs of Bhagalpur. A sample of 200 children were randomly selected from the AWCs. The data were calculated on the basis of some parameters like body weight, height, general appearance, and frequency and adequacy of diet of the children. The data of general appearance of the children indicated that 12% were thin, 44% were sick, and 44% normal. When it was interrelated with weight and height, it was found that approximately 72% children were under weight due to low intake of calcium and protein diet. When holistic nutritional status was evaluated it was found that 16% were normal and 84% were either undernourished or severely malnourished due to low dietary intake. ICDS has recommended SNP 500K/cal./day in the form of hot cooked meal and snacks, but merely 100-200 k.cal. is provided at the AWCs.It means the children are getting far less than recommended calorie.

Kumar, Manoj and Prasad, Pramila (2011). Diet and nutritional status of preschool children: A study of rural anganwadi children of Bhagalpur district (Bihar). *Asian J. Home Sci.,* **6** (1) : 85-87.

Key words : Diet, Nutrition, Preschool children, Anganwadi centre