

A STUDY OF FOOD PATTERNS IN 6 TO 12 YEARS CHILDREN IN MEHSANA CITY

Dissertation for the Degree of Master of Science

Foods and Nutrition

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ABSTRACT :A 6 to 12 years child was evaluated for food patterns of Mehsana city. A descriptive cross section survey was carried about 100 children's share of 50 girls' children's 50 boys' children. Dietary patterns information was obtained by asking of all the children. And all data were collecting using by questionnaire and food consumption questionnaire. Majority all children are cereals, pulses, vegetables, fruits and milk and all food frequency are almost caten on daily basis According to the data, all children took enough food in a day. Among the total cases, 63% were found three times in a day child take enough food whereas 37% were found four times in a day child take enough food. Out of total 100 cases. 69% children were taking two times snack in a day followed by 28% children were take one time, 3% children were taking 3 times snacks. Out of 100 children, 5% of the child eat junk food three to four times per week followed by 49% children eat junk food 1 to 2 times per week, 42% children eat junk food 1 to 2 times in a month and 4% children never eat junk food. These findings underscore the importance of targeted interventions and nutritional education programs to promote healthier food choices and improve the overall well-being of children in Mehsana City.

Key words: children, food, food patterns, consumption, food frequency, Junk food. Healthy food