



Effect of Modern Eating Habits on Primary School Going Children's

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Abstract

Children's are the future asset of any nation. The children's of today will be adults of tomorrow and healthy children's are more likely to grow as healthy adults. The present study carried out for how modern lifestyle has changed the food habits of school going children's of age group 6 – 12 years. The data was collected through questionnaire method along with personal interview of the respondents. The sample size of 50 children's was selected randomly. The findings of the present study revealed that the junk food like Maggi, Pizza, likes more than the healthy food like sabji – chapatti. The children are like Pani – Puri and pav – bhaji more than sabji – chapatti.

Key words: - Primary school children's, modern eating habits, junk food.

Introduction

Children are like buds in a garden and should be carefully and lovingly nurtured, as they are the future of the nation and the citizens of tomorrow, said Jawaharlal Nehru.

Children's are essential to the various present and future. The children of today will be adults of tomorrow. Healthy children are more likely to grow as healthy adults. Growth is an essential expression of health. Over the last century, our eating habits have changed dramatically, with our diet becoming almost unrecognizable to those of our grandparents and great

grandparents. Modern lifestyle has changed the food habits especially in school going children's. The consumption of junk food is common in this stage.

Junk food means packaged or processed food having no or less nutritional value. Junk food includes Pizza, Burger, Samosa, French fries. Junk food likes children mainly due to the taste. The changing eating habits are exposing them to diseases like obesity, diabetes, cardiovascular disease, etc. It will not only have bad effect on health but also cause mood swings, laziness, weight gain, decrease enthusiasm to handle workout etc.

Objectives:-

- ❖ To study the eating habits of primary school children age group 6 – 12 years.
- ❖ To study the impact of modern lifestyle on the health of children.

Research method

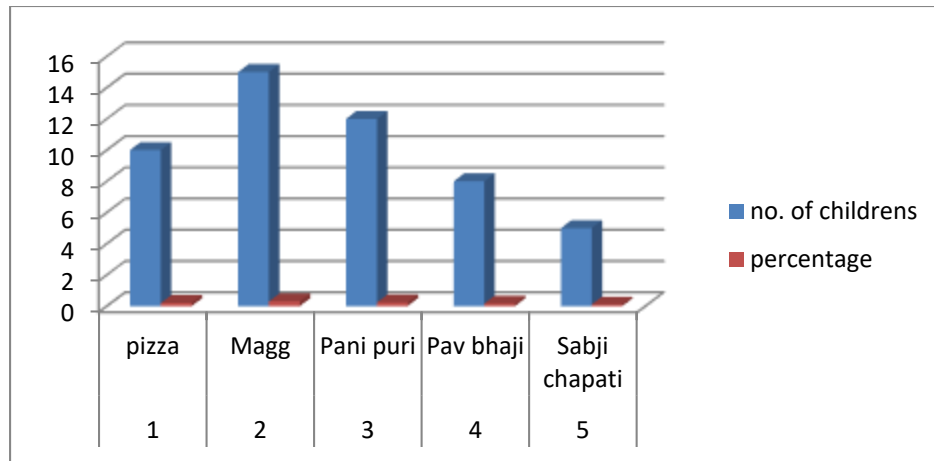
The present study based on survey work was conducted in Udgir city, Latur district of Maharashtra to collect desired information regarding eating habits of primary school children's age group 6 – 12 years. The researcher purposively selected a sample of 50 children's of age 6 – 12 years.

Research findings and discussion

Age group – 6 – 12 years, n=50

| sr. no. | food items | no. of children's | Percentage |
|---------|-----------------|-------------------|------------|
| 1 | pizza | 10 | 20% |
| 2 | Magg | 15 | 30% |
| 3 | Pani puri | 12 | 24% |
| 4 | Pav bhaji | 8 | 16% |
| 5 | Sabji- chapatti | 5 | 10% |
| | Total | 50 | 100% |

Table



The above table no. 1 shows that the sabji – chapatti likes only 10% children, 16% children's likes pav-bhaji, 20% children's likes Pizza, 24% children's likes Pani – Puri and the most favorite dish which likes highest children's which is 30% is Maggi.

Conclusion

From the findings of the study it is concluded that the Maggi likes more than the Pizza, Pani-Pani and pav- bhaji, while Sabji – chapatti likes very less in primary school children's of age group of 6 – 12 years. The above results show that the modern lifestyle has changed the food habits of children's. Children's likes junk food more than the healthy food.

Suggestion

Instead of consuming junk food, children's should be encouraged to have a healthy food. Healthy food or diet includes protein, vitamins, fibers, carbohydrates, minerals and fats. Children's should be encouraged to have whole grain cereals, fresh fruits and vegetables, dairy products, nuts etc.

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