

knowledge attitude practice Survey On
Balanced diet
of
DR BRR GOVT DEGREE COLLEGE
Jadcherla

Project by

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Introduction

- Balanced diet is essential to maintain health which is very necessary to maintain good cognitive skills.
- In our college hemoglobin survey reveals many girl students suffering from Anemia and pre mature greying of hair in Both girls and boys.
- Health is a state of physically, mentally, socially, emotionally well being.
- To maintain health balanced diet is important.
- Students although they know about balanced diet they are neglecting taking vitamin enriched food.

Problem of research

- Degree college students are not taking Balanced diet.
- Breakfast Many students are skipping the breakfast.
- Some students are not taking lunch.
- They are getting satiety by taking mainly intake of carbohydrates but not dhal, green vegetables, leaf vegetable, fruits, yogurt and milk products .
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Objectives

- Create awareness about balanced diet.
- Conducting food festivals -
Importance of different kinds of food.
- Make the students to take balanced diet.
- Necessity of taking Balanced diet.

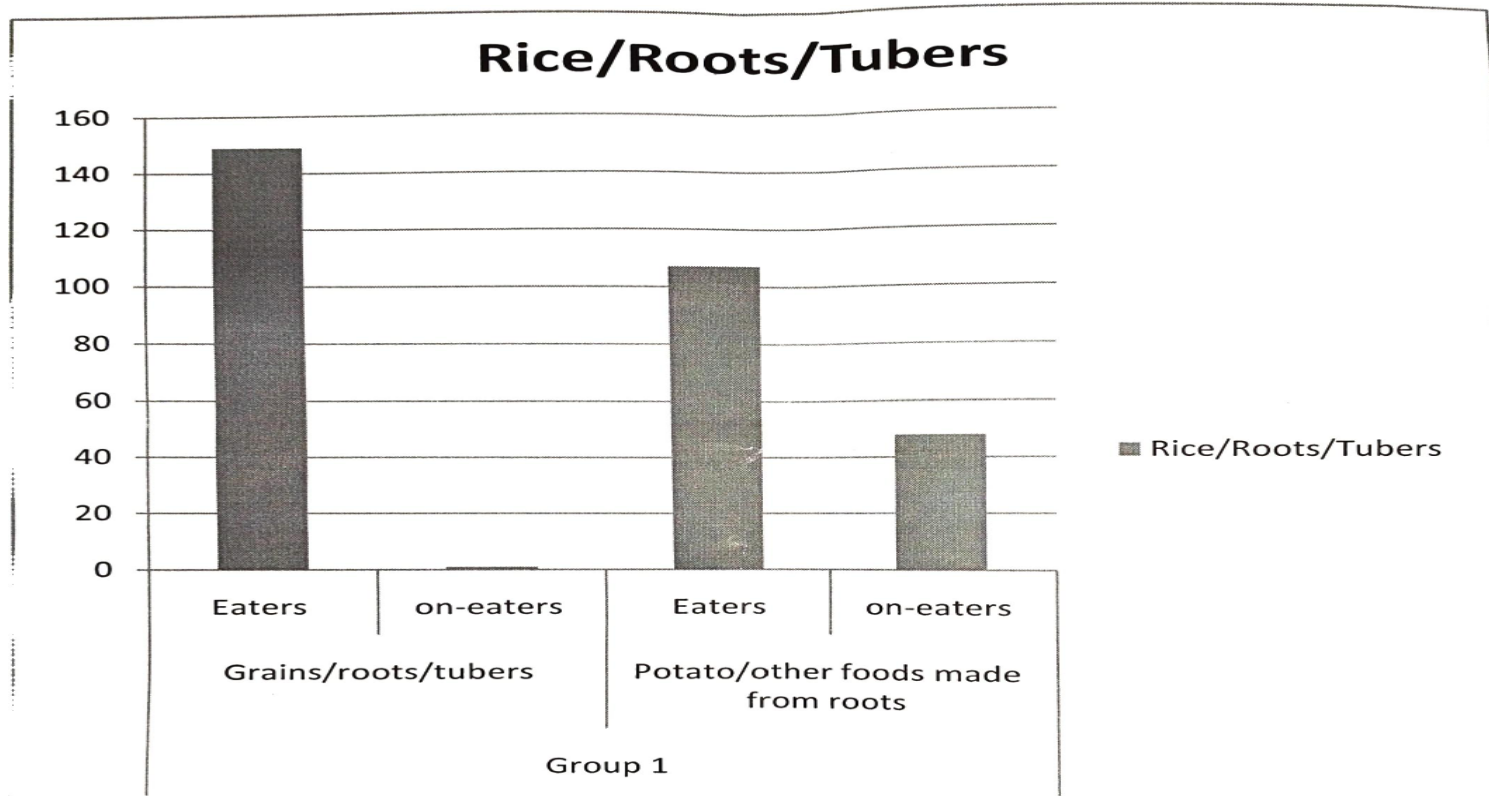
Methodology

- Survey
- Questionnaire
- Identification of students who are taking Balanced diet.
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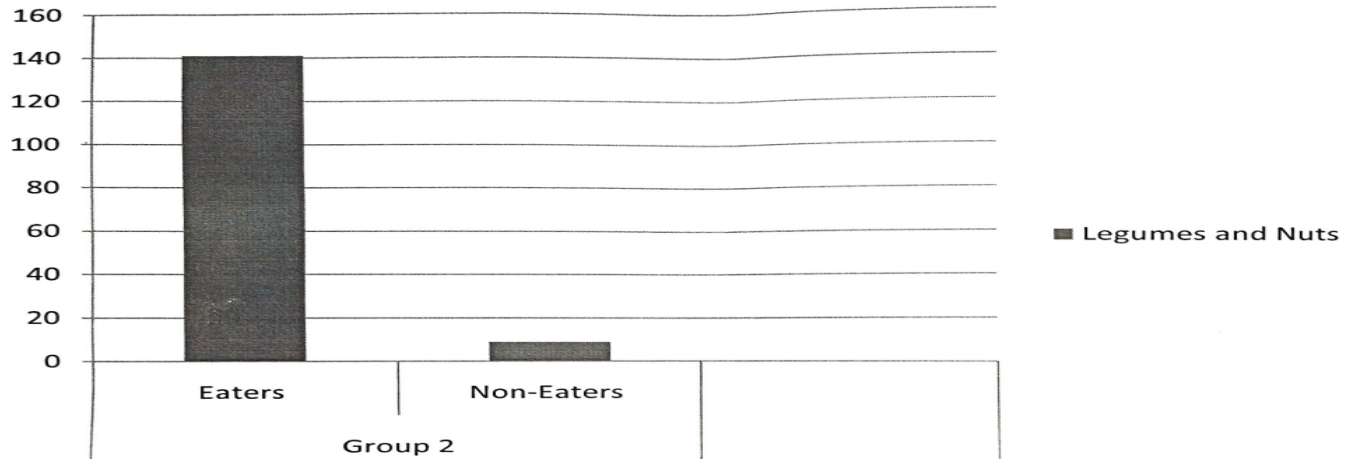
KAP QUESTIONNAIRE

Group	Food lists	No	Yes
Group 1: Grains, roots and tubers	Porridge, bread, rice, noodles or other foods made from grains <i>(గింజ, రుతు, నానె, బియ్యం) బియ్యం</i>		✓
	White potatoes, white yams, manioc, cassava or any other foods made from roots <i>(గింజ, రుతు, నానె)</i>		✓
Group 2: Legumes and nuts	Any foods made from beans, peas, lentils, nuts or seeds <i>(అంజులు, బియ్యం, కాయలు, కాయలు, కాయలు)</i>		✓
Group 3: Dairy products	Infant formula, such as [insert local examples] _____		How many times? _____
	Milk, such as tinned, powdered or fresh animal milk <i>బియ్యం, పువ్వుబియ్యం, తాజా బియ్యం</i>		How many times? <i>4/7</i>
	Yogurt or drinking yogurt <i>యెర్రు, మట్టిగి</i>		How many times? <i>3/7</i>
	Cheese or other dairy products		<i>0/7</i>
Group 4: Flesh foods	Liver, kidney, heart or other organ meats <i>వేరే (ముప్ప)</i>		<i>0/7</i>
	Any meat, such as beef, pork, lamb, goat, chicken or duck <i>యెర్రు, గాఢ, బియ్యం, బియ్యం, బియ్యం, బియ్యం</i>		<i>0/7</i>
	Fresh or dried fish, shellfish or seafood <i>యెర్రు, బియ్యం</i>		<i>0/7</i>
Group 5: Eggs	Eggs <i>పచ్చి</i>		<i>0/7</i>
Group 6: Vitamin A fruits and vegetables	Pumpkin, carrots, squash or sweet potatoes that are yellow or orange inside <i>పంపకం, బియ్యం, బియ్యం, బియ్యం</i>		<i>7/7</i>
	Any dark green vegetables [insert local examples] <i>బియ్యం, బియ్యం, బియ్యం, బియ్యం</i>		
	Ripe mangoes (fresh or dried [not green]), ripe papayas (fresh or dried), musk melon [insert other local vitamin-A-rich fruits] <i>బియ్యం, బియ్యం, బియ్యం</i>		<i>7/7</i>
	Foods made with red palm oil, red palm nut or red palm nut pulp sauce <i>బియ్యం, బియ్యం</i>		<i>6/7</i>
Group 7: Other fruits and vegetables	Any other fruits or vegetables <i>బియ్యం, బియ్యం, బియ్యం, బియ్యం, బియ్యం</i>		<i>5/7</i>
Others (not counted in the dietary diversity score)	Any oil, fats, or butter or foods made with any of these		<i>5/7</i>
	Any sugary foods, such as chocolates, sweets, candies, pastries, cakes or biscuits <i>బియ్యం, బియ్యం, బియ్యం</i>		<i>5/7</i>
	Condiments for flavour, such as chillies, spices, herbs or fish powder <i>బియ్యం, బియ్యం, బియ్యం</i>		<i>3/7</i>

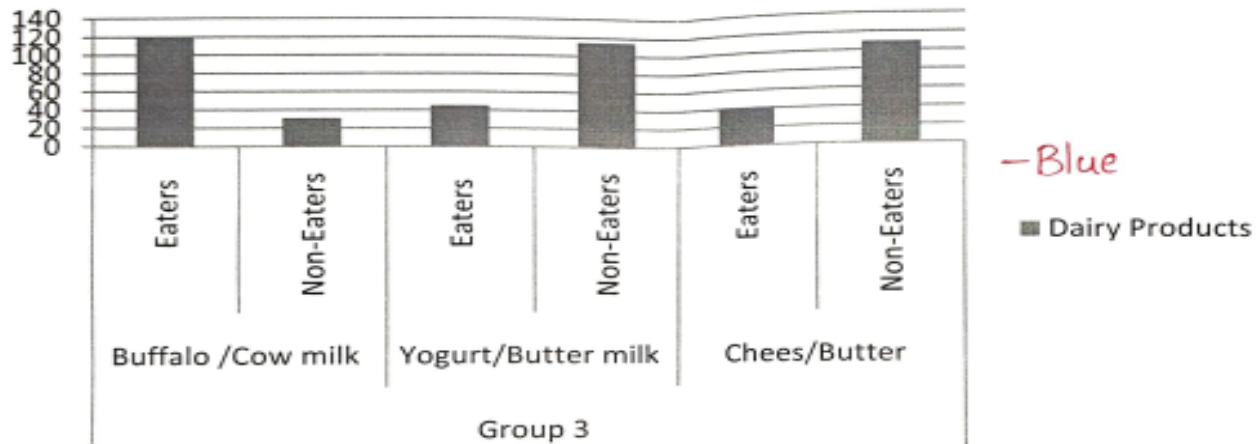
Results and discussion



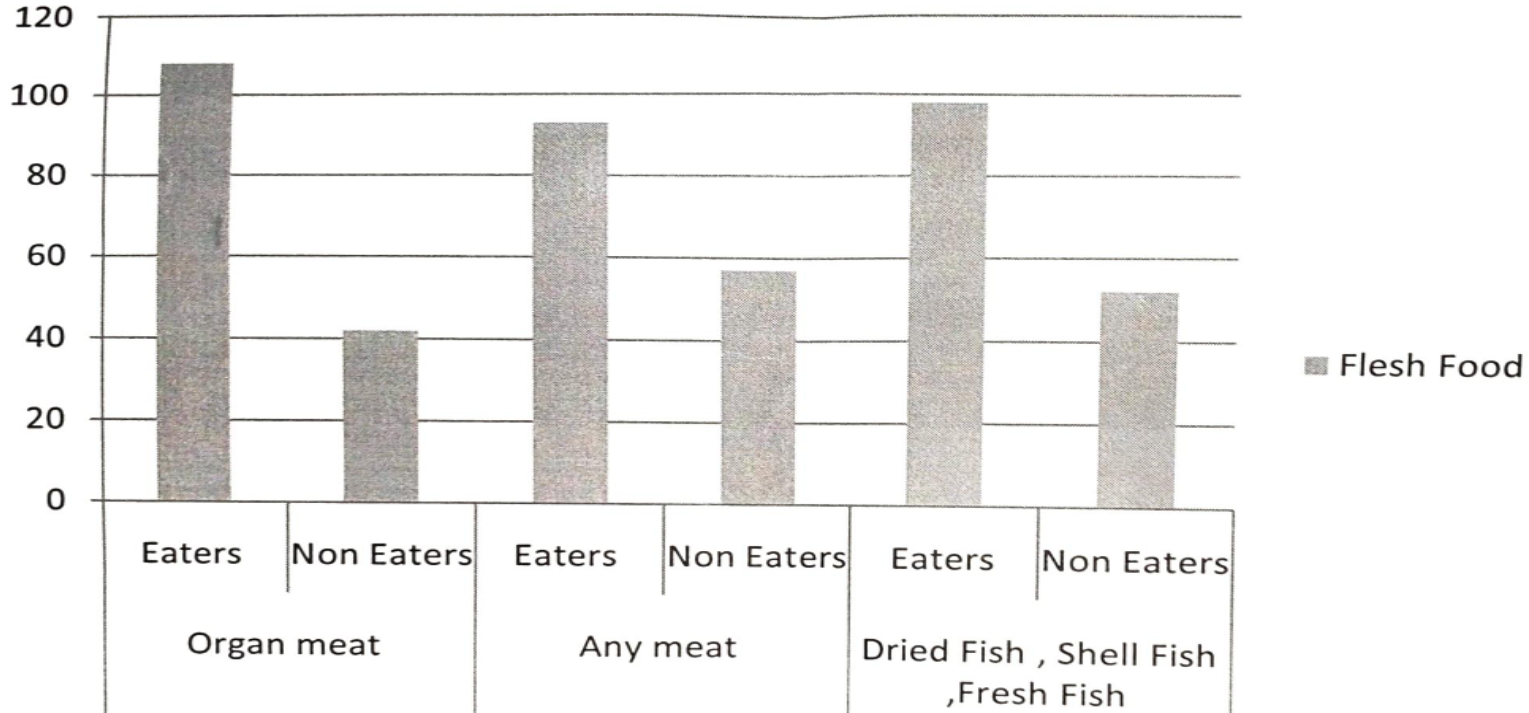
Legumes and Nuts

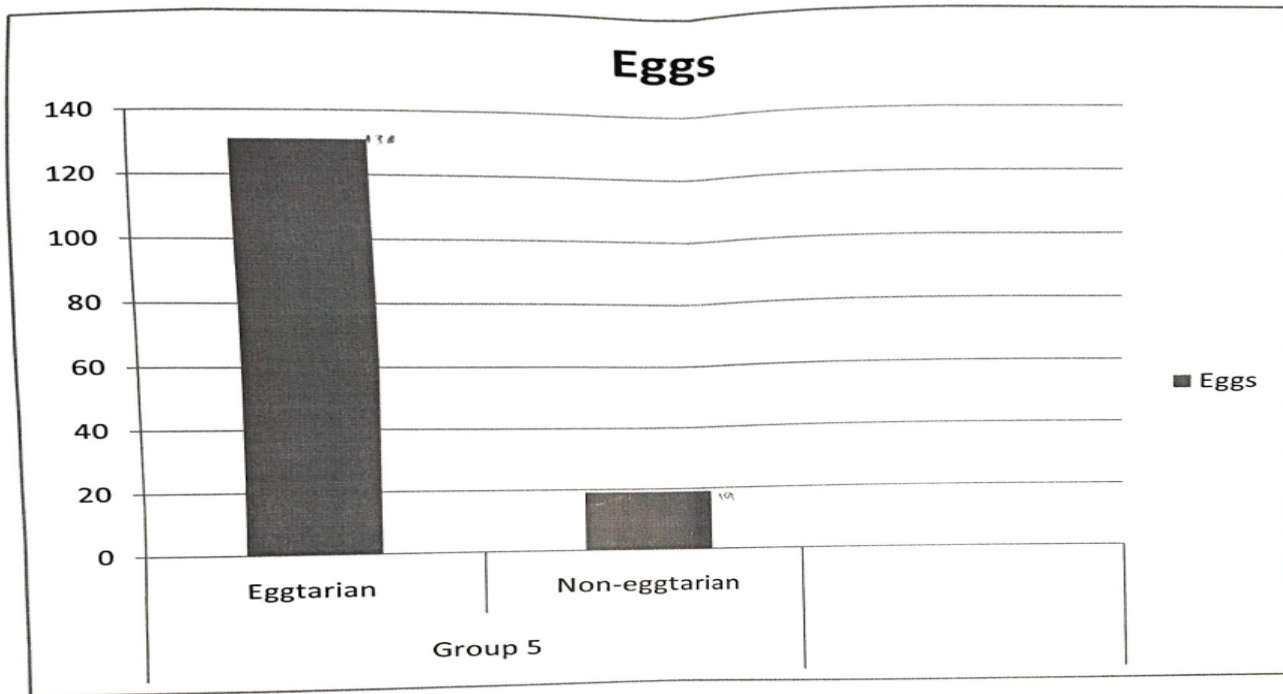


Dairy Products

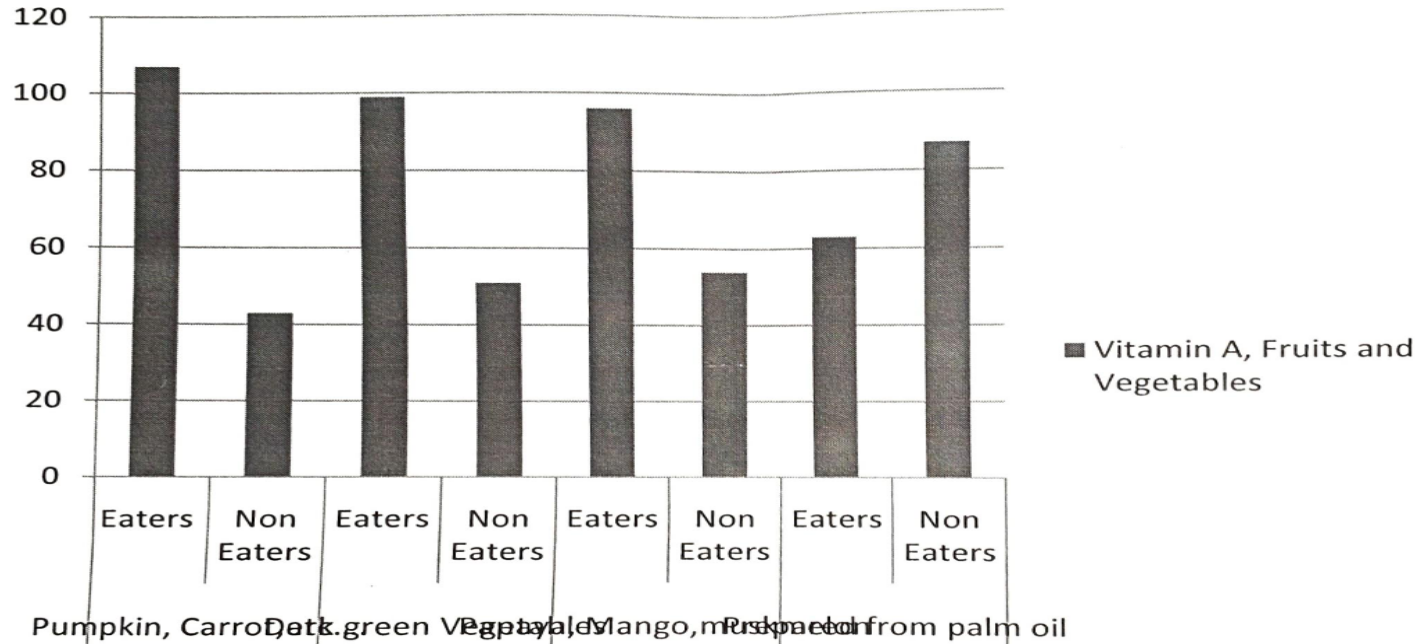


Flesh Food

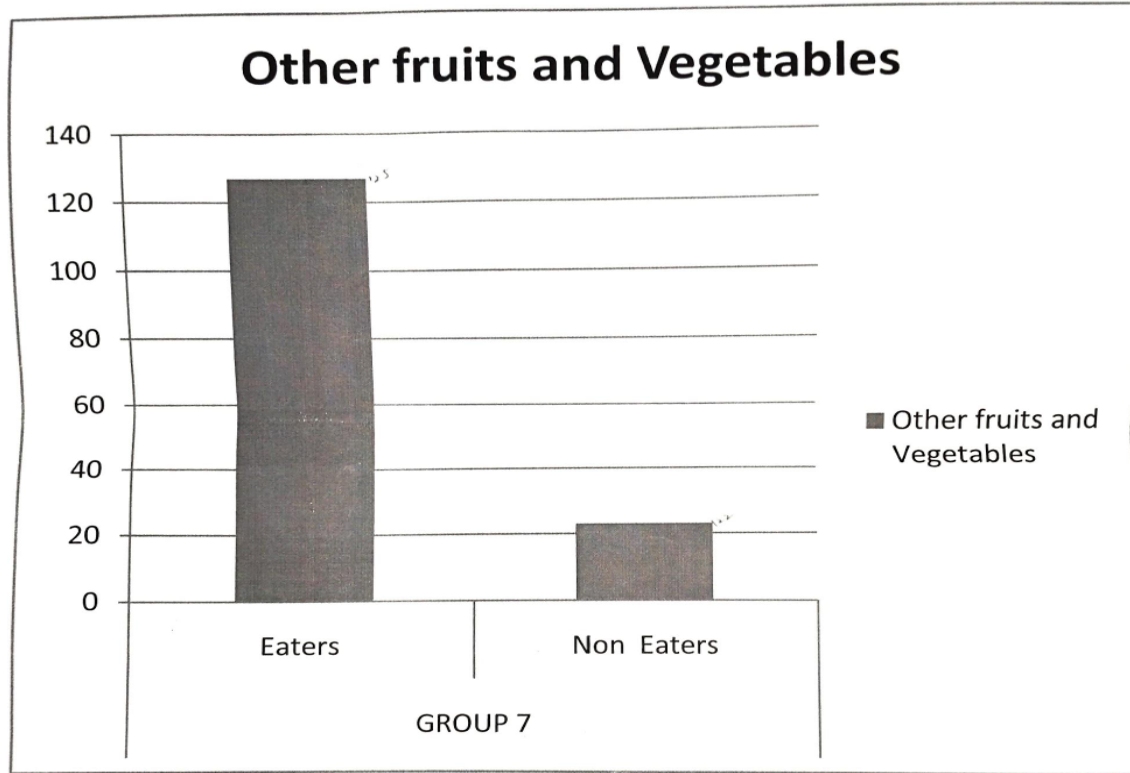




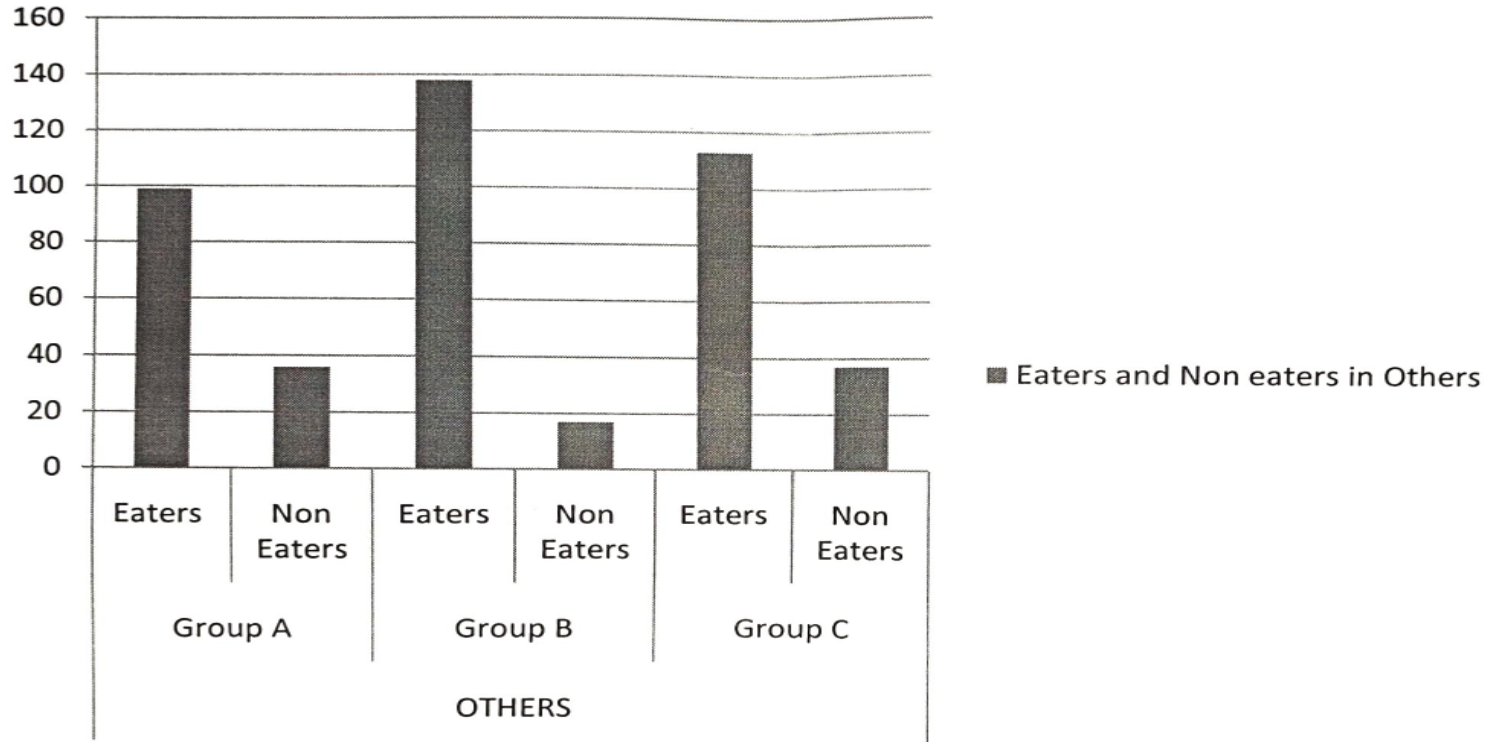
Vitamin A, Fruits and Vegetables



Group 6



Others Foods



Reference

Social and preventive medicine

Park

Human Anatomy physiology and d healthy education

Dr. Javeeran
Veerabhadra swamy