

Nutritional Awareness in Primary School Teachers

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Abstract

Food is essential human existence just like the air we breathe or the water we drink the food that we eat is utilized in the body and the assimilated substances one used for the growth and maintenance of tissues. Women take direct responsibility for the growth and development of family. They provided balanced diet to their family. Due to lack of knowledge about nutrients and nutritional education our women cannot do this service properly and perfectly. This is a matter of great sorrow to our society. The objectives of the study is nutritional awareness among teachers. For this study survey method adopted I took interview of 20 of women of Saharanpur. Women should be educated about balanced diet and basic food groups or RDA Recommended Dietary Allowance. They need awareness about nutrients and nutritional education.

I. Introduction

"The preservation of health is a duty"

Spencer.

An old prescription for health goes like this:

"Great temperance, open air, Easy labour, little care"

Nutrition as a major determinant of health had been widely recognized only with respect to achievement of optimal growth and development, reflecting the full of expression of one's genetic potential.

Diet forms an important component of Health and Nutritional status of an individual. Formulation of Balanced diets for different population groups is essential for proper maintenance of health and nutritional status. Adequate nutrition requires that all nutrients, Carbohydrates, lipid, protein, minerals, vitamins and water are conceded in sufficient amount for normal organ development and function, reproduction, repair of body tissues and combating stress. A well balanced diet increase the Body's resistance to infection. Improper diet intake is responsible for disease like malnutritions, undernutritions, coronary heart disease, hypertension, anaemia and non insulin dependent diabetes Mellitus among others.

The women in India are responsible for producing and marketing most of the food crop; carrying the responsibility of the preparation of food, nutrition of the family and its health care; home hygiene and surrounding sanitation. They also take the responsibility for the education of the young children. They are responsible for almost physical and mental development of the next generation. First cultural norms and practices and socio-economic situations determine the extent to which women are able to affect the nutrition of the household at large; and second, they play roles in determining women's own nutritional status. These two aspects may be viewed as sides of the same coin as women are also members of the households in which they acquire, cook, serve, consume and store food and their nutritional status is also part of the household's nutritional profile.

Food has the power to nourish and energize our bodies, as the famous Greek doctor, Hippocrates, stated – "Let food be thy medicine, and medicine be thy food". Over the last century, this innate wisdom has been lost amongst the advertisements in food

science, medicine, technology and an ever-growing "I'm too busy mentality" As a society, we are no longer truly nourishing ourselves with food, instead opting for prepackaged and processed "fake foods", which cause us more harm than we could have ever imagined.

"Bhagwat Gita, Lord Krishna has mentioned that foods which promote life, vitality, and strength, happiness, succulent, nourishing, and pleasing to the heart are satvic in nature, and from the basis for a healthy life."

To understand nutrition one has to understand all the basic terms in nutrition like calories, carbohydrates, fats, proteins, cholesterol, saturated and unsaturated fats.

Considerable attention has been drawn in the first section of this review to the effects of education on nutritional status of women. Although women's education is now hypothesized to exert a major influence on health and nutritional status, some definitive primary investigations are called for to establish the extent and nature of the relationship, as well as investigation of the intermediary mechanisms.

The nutritional status of women in India has attracted the attention of academics and policy planners for some decades now.

Women's physiological make up calls for special nutritional supplemented during a women's life cycle.

Health is a multidimensional phenomenon. WHO defines health as a state of physical, mental and social well being and not merely the absence of disease are not merely the absence of disease or infirmity?

Optimum standards of nutrition are determined on the basis of body weight, sex, climate, and nature of work performed. More than half the women in India do not get the Recommended Dietary intake of nutrients. There is a preoccupation with the sexual and reproductive behavior of females in considering the health needs, and their dual roles as producers of economic values and reproducers of the population are not adequately recognized.

We studied by list of interview accordingly we found that 35% female teachers have knowledge of R.D.A. (Recommended Dietary Allowance) and Balanced Diet because these teachers teach the knowledge of that. These teachers are taught in the city public schools. But 15% female teachers have short knowledge of R.D.A. and Balanced Diet because these public schools situated in outer area of city.

References

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