

IMPACT OF EDUCATION INTERVENTION ON NUTRITION KNOWLEDGE OF ADOLESCENT GIRLS

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ABSTRACT

Today, nutrition is more important than ever. Adolescents have a significant amount of knowledge regarding healthy foods and believe that healthy eating involves moderation, balance, and variety. Despite this knowledge, they feel difficult to follow healthy eating recommendations and frequently consume foods that they perceive as unhealthy. A study was conducted with the objective to assess the nutritional knowledge of school going rural adolescent girls (13 to 18 years). The study was conducted in the Mangrop village of Bhilwara district of Rajasthan. Data was collected using a developed questionnaire to assess the nutritional knowledge of the respondents. Questions on nutritional deficiency disorders were included in the tool. Findings revealed that their nutrition related knowledge was not up to the mark and a majority of them were not aware about nutritional deficiency disorders. Ignorance about micronutrients prevailed in adolescent girls. Therefore, there is a need to educate the rural adolescent girls regarding health and nutrition awareness, as they are future mothers.

KEYWORDS: Nutritional Deficiency Disorders, Micronutrients, Food, Adolescent Girls