



A STUDY OF EFFECT OF FUNCTIONAL FOOD ON MALNOURISHED CHILDREN

Dr. Vandana Namdeo Bankar

Head Dept. of Home Science , Dhareshwar Shikshan Sansatha's
Arts and Science College, Chincholi (Limbaji) , Tq. Kannad, Dist. Aurangabad (M.S.) India.

ABSTRACT:

Functional Food is a simply convenient way to describe foods or their components which may provide a health benefit beyond basic nutrition. In other words functional food do more than meeting your minimum daily requirements of nutrition. They also can play a role in reducing risk of diseases and promoting good health while all food are functional in that day provide nutrients.

KEYWORDS: *Functional Food , basic nutrition , promoting good health.*

INTRODUCTION :

Functional food tend to be those with health promoting ingredients or natural components that have been found to have potential benefit in the body. They can include whole food as well as fortified, enriched or enhanced food and dietary supplements that have a beneficial effect on health.

“Health is state of complete physical, mental and social well being and not merely the absence of disease” **Prawfit and Robinsons.**

Malnutrition is a health problem found in all developing countries like India. Malnutrition or lack of adequate diet is a form of malnutrition which is most wide spread. When such lack has been prevalent for a long time in the community the parent's may fail to note the low weight and stunted growth of the children. One of the names of the disease associated with protein energy malnutrition is "Kwashiorkar". A term used by Cicely Williams – (1937) Kwashiorkar means the sickness a child develops when another baby is born.

More than half of all child deaths are associated with malnutrition, which deaths are body's resistance to illness. poor diet, frequent illness and inadequate or inattentive care of young children can lead to malnutrition.

Now days the malnutrition of children are increasing in our country. According to the research of Brock Autret.. “In 1952 one thing was noticed that some children are unable to make activity. Who does not get adequate food. So they do not grow physically in proper way” (Premala Kale. Pate no. 120)



According to the research on Catch up mechanism, Tanner prove that the mechanism of children will be immediately regularize by giving them proper food to them .Whose growth is decreased because of starvation or illness.

According to UNISEF there highest (means 6.1 corer) number of malnourished children in India. and as per the research of

Nutritional in Immune Profit of Malnourished-Preschool Children. Through the test of 50 children from selected Balwadi's of Chennai noticed that there is lack of proper food and highest malnutrition prevails because of children taking improper food.

Proper nutrition at all stages of life is essential for health and productive life. Hence efforts are taken to reduce malnutrition among preschool children by supplementary feeding of high protein. Calorie Diet prepared from (Functional Food) Soybean food. So, I selected a topic of **A STUDY OF EFFECT OF FUNCTIONAL FOOD ON MALNOURISHED CHILDREN**

OBJECTIVE:-

- 1) To study the prevalence of malnutrition in Slum area.
- 2) To find out effect of supplementation for prevalence of malnutrition.

METHODOLOGY :-

Interview and observation method is used to find out cause of malnutrition. 100 samples from Slum area of Ekata Nagar in Aurangabad city (M.S.) are selected for the study.

To find out the grade of malnutrition standards of (I.C.D.S.) Integrated Child Development Scheme. Daily 50gm soybean supplementation is given to every child of IInd and IIIrd grade of malnutrition for 30 days, twice in a day.

Different items are prepared by using soybean like laddu, sweet puri, usal, sheera etc. from 50 gm soybean provides.

| Soybean (gm) | Energy | Protein | Calcium(gm) | Iron(mg) |
|--------------|--------|---------|-------------|----------|
| 50 | 216 | 26.5 | 120 | 5.2 |

RESULT AND DISCUSSION

According to observation it is found that the common cause of malnutrition is poverty, unhygienic condition, inadequate diet and poor knowledge of mother about diet of children following table shows percentage of malnutrition among pre-school children.

(Figure in parenthesis indicate number)

Table No. 1

| No of children's (100) | | Grade – II | | Grade III | | Normal | |
|------------------------|-------|------------|-------|-----------|-------|--------|-------|
| Boys | Girls | Boys | Girls | Boys | Girls | Boys | Girls |
| 50 | 50 | 25% | 35% | 10% | 15% | 15% | 00% |

Thus there was the percentage of selected boys and girls in IInd & IIIrd grade of malnourished.

After one month the children's weight increased in the comparison of before given soybean food who had been giving soybean food twice a day for one month.

Table No.2

| Boys | Before Weight | Increase weight |
|---------|---------------|-----------------|
| 20 Boys | 13.00 Kg | 13.50 Kg |
| 10 Boys | 12.00 Kg | 12.25 Kg |
| 15 Boys | 11.50 Kg | 12.00 Kg |
| 5 Boys | 13.50 Kg | 13.75 Kg |

Table No.3

| Girls | Before Weight | Increase weight |
|--------------|----------------------|------------------------|
| 18 Girls | 11.00 Kg | 11.40 Kg |
| 20 Girls | 10.50 Kg | 11.25 Kg |
| 12 Girls | 12.00 Kg | 12.60 Kg |

In this one month's study. I noticed that soybean is effective on malnourished children as a functional food.

In short soybean not only increased children's weight but also developed their whole growth.

Soybean one of very few plants those provide a high quality protein with minimum saturated fat. Soybean help people feel better and live longer with in enhanced quality of life. It contains all three macronutrients required for good nutrition as well as fiber, Vitamins and minerals which help to prevent micronutrient deficiency also.

In addition to the rich nutrients, Soybean has other beneficial compounds such as phyosterols, lecithins, saponons and phenolic acid. Soya foods are also rich in anticarcinogens particularly isoflavories

Soybean supplementation is used because it is a low cost food source which provides high quality and quantity of protein & energy as well as parents can easily buy soybean and feed to their children.

From above study it is concluded that soybean (function food) supplementation helps to prevent protein, calorie malnutrition among preschool children.

I would like to conclude my paper with a sentence that “we must take care of children because they will become the supporting pillar of our nation”.

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