



Study of problems arisen due to lack of vitamins in the diet

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ABSTRACT

The said research is a survey conducted of hundred families regarding lack of information regarding consumption of improper factors and improper nutritious diet by collecting the information under the survey conducted regarding diet and health of families which are residents of the locality under Navpada slum of Santacruz area of Mumbai for the study of the problems about the diet of school students. And also under this research, guidance was given to the families on how to maintain the nutritious values of diet and its benefits and also importance of B and C proteins and ways of its obtaining are also shown. It is found from the information collected by the said research that there is no awareness about the information regarding nutritious diet among the students and their parents. Also it was observed that lack of B and C proteins and the proportion of physical ailments occurred due to its dearth is highest.

Keywords : Proteins, Nutrition, Diet, Health.

Introduction:

Our health becomes healthy if we keep our life style healthy, Diet, health and vitamins are important factors in lives. Research of lack of food-diet and vitamins in the society and consequent various ailments arisen out of it as well as information regarding health and diet of the students – It is necessary that the students should get balanced and nutritious diet to keep physical strength simultaneously with the increasing mental abilities of the students. Resultant, the parents should also have information about nutritious diet. The said research has been conducted to give information about the ailments among the parents by giving them awareness of the information of the physical problems being faced by the students due to lack of B and C vitamins.

Objectives:

1. To study the reasons of the lack of consumption of vitamins.
2. To study the physical problems arise out of lack of consumption of vitamins.

Tools: Questionnaire and interview were used for the said research.

Sample: Hundred families are included in the said research.

Actual procedure: Analysis of the information obtained by collecting the said information through questionnaire and interview by actual meeting of hundred families regarding food-diet and vitamins in the slum locality at Navpada.

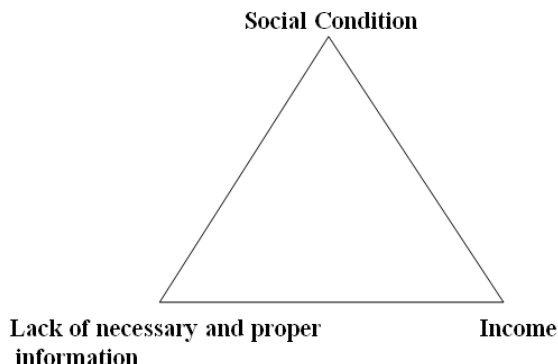
Questionnaire :

1. Total number of the members in the family
 - Year 0 to 6
 - Year 7 to 15
 - Year 16 to 25
 - Year 26 to 50
 - Year 51 to further

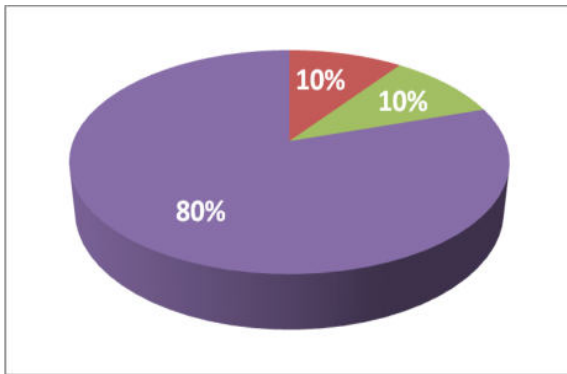
2. Total income of the family
3. What do you consume in diet?

4. Are the products prepared in the bakery are included in the diet
5. You take special care for the healthiness of the family
6. What is the proportion of oil in the diet?
7. Is lemon included in the diet?
8. An unripe mango is included in the diet
9. Tomato is included in the diet
10. A gourd is used in the meal.
11. Papaya is included in the diet
12. Everyone consumes groundnut
13. Use regularly green vegetables in the meal
14. Sprout pulses are included in the diet
15. Split pulses are included in the diet
16. Eggs, fishes are included in the diet
17. Children learning in the school drink milk
18. Qsa is included in the meal
19. Little children consume orange
20. What care do you take while cooking the food?
21. In which dishes of diet is vitamin B.
22. In which dishes of diet is vitamin C.
23. Adverse effects of lack of vitamin B in the diet
24. Adverse effects of lack of vitamin C in the diet
25. Know the information about the ailment occurred due to lack of consumption of pulses.

1. Reasons of lack of consumption of vitamins



2. Percentage of consumption of vitamins.



Analysis of the information:

Analysis of the information obtained through the survey of the said research is carried out in percentage.

Interpretation:

It is revealed in the said research that ten percent samples consume vitamin B and C.

Conclusion:

In the said survey, it is observed that there is lack of vitamins B and C in their daily diet. Ten percent of vitamins B and C is seen in their diet and also diseases like illness of gingival and beriberi are occurred due to lack of vitamins.

Summary:

The physical as well as mental balance of the health of school students can be maintained if parents are encourage to take care of the frequent complaints regarding health and problems created regarding health of the students.

Recommendations:

Some recommendations are made for the teachers, Head Masters and Health department of the Municipal Corporations through the entire survey.

For the Teachers -

The teachers should encourage the students for diet by convincing the importance of diet and vitamins to them.

For Head Masters-

The Head Master should organise programs guiding the students regarding food-diet and vitamins. Also he should convince the importance of diet to the students and parents through health check-up camps, parents meetings.

For Health department of the Municipal Corporations-

The Health department of the Municipal Corporations should organise various programs regarding importance of food, fruits and diet as well as health to the families residing in the slums.

REFERENCES

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