

# Study of Nutritional Requirement for College Going Girls

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**Abstract**—Physical and psychological pressure influence adolescents eating habits. The boy is far better than the girl in that his large appetite and sheer volume of food leads than to consume adequate nutrients but the adolescent girl is less fortunate because:

- a) Social pressure and personal tension concerning figure control will cause her to follow unwise, self imposed crash diets for weight loss.
- b) Self starvation may result in complex and far reaching eating disorder.

Irregular meals, snacking, eating away from home and alternative dietary pattern characterize the food habits of college going girls.

So, there is a urgent need to discuss the nutritional requirement for college going girls. This study focuses the nutritional requirement for college going girls. On the basis of questionnaires, a data base was prepared and it was found that the girls were aware about the nutritional value.

## Introduction

To live one must eat. But, we not only eat to live, what we eat also affects our ability to keep healthy, do work to be happy and to live well knowledge of what to eat and in what quantities is a prerequisite to the healthy and happy life. Nutrition is the science that deals with all the various factors of which food is compared and the way in which proper nourishment is brought about the average nutritional measurable characteristics such as age, sex, height, weight, degree of activity and rate of growth. Food is anything solid or liquid that has a chemical composition which enables it when swallowed to do one or more of the following

1. Provide the body with the material from which it can produce heat, or any form of energy.
2. Provide material to allow growth, maintenance repair or reproduction to proceed.
3. Supply substances, which normally regulate the production of energy or the progress of growth, repair or reproduction.

Good nutrition requires a satisfactory diet, which is capable of supporting the individuals consuming it, in a state of health by providing the desired nutrients in required amounts. It must provide the desired nutrients in required amounts. It must provide the right amount of nutrition provided in the diet is insufficient a state of under nutrition will develop.

## Why Nutrition Is Essential For College Going Girls

The rapid physical changes of adolescence have a direct influence on a person's nutritional needs. The growth spurt that occurs in adolescent, second only that in the first year of life. Create increased demands for energy and nutrients. Nutritional status and physical growth are dependent on one another such that optimal nutrition is a requisite achieving full growth potential. Nutrition of the adolescent girl is particularly important but under-nutrition (to little food or food lacking required nutrients) in adolescent frequently goes un noticed by their families or the young people themselves.

An adolescent is a time to prepare for the nutritional demands of the pregnancy and lactation that girls may experience in later under-nutrition negatively effect adolescent girl by:-

- Affecting their ability to learn and work at maximum productivity
- Increasing the risk of poor obstetric outcome for the teen mother
- Affecting the healthy development of the future children.

## Material and methods

The study was made in through questionnaire method. First of all a questioner sheet was prepared containing questions related to the topic that is to assess the nutrition knowledge among college going girls. At the beginning of the questionnaire general information about the individual was written like name, age, sex, socioeconomic status etc. the question which, was written in questionnaire were objective. Then those questionnaires were distributed to the college going girls personally and requesting them to fill them with in period of time i.e. within one week. After one week these

questionnaire were collected by the college going girls personally.

### Result and Discussion:

#### Tabulation and analysis:

#### Do you know about balanced Diet?

| Answer       | Number of Persons | Percentage to total |
|--------------|-------------------|---------------------|
| Yes          | 30                | 60                  |
| No           | 20                | 40                  |
| <b>Total</b> | <b>50</b>         | <b>100</b>          |

From the above noted discussion it can be concluded that majority of people that is 60 % knowing about balance diet.

#### Do you take balanced diet?

| Answer       | Number of persons | Percentage to total |
|--------------|-------------------|---------------------|
| Yes          | 40                | 80                  |
| No           | 10                | 20                  |
| <b>Total</b> | <b>50</b>         | <b>100</b>          |

The above noted table reveals that out of total number of people under survey 80% take balance and 20% take simple diet

Thus it can be said majority of the respondent takes balance diet.

#### Which foods do you like most?

| Type of food | Number of persons | Percentage to total |
|--------------|-------------------|---------------------|
| Junk food    | 11                | 22                  |
| Fried Food   | 8                 | 16                  |
| Boiled Food  | 1                 | 2                   |
| Baked Food   | 5                 | 10                  |
| Normal Food  | 25                | 50                  |
| <b>Total</b> | <b>50</b>         | <b>100</b>          |

From the above mentioned table it can be observed that 22% of the people like junk food, 16% of the children like fried food, 2% of the people like boiled food, 10% of the people like baked food and 50% of the people like normal food, which is also represented through the following chart.

#### How frequently do you take milk?

| Answer       | Number of persons | Percentage to total |
|--------------|-------------------|---------------------|
| Once         | 23                | 46                  |
| Twice        | 9                 | 18                  |
| No           | 18                | 40                  |
| <b>Total</b> | <b>50</b>         | <b>100</b>          |

The data mentioned in the above table indicates that 46 % of the respondents under survey take milk frequently once in a day and 18% are twice in a day, 40% of them can't take milk per day.

#### Do you like fruits?

| Answer       | Number of persons | Percentage to total |
|--------------|-------------------|---------------------|
| Yes          | 44                | 88                  |
| No           | 6                 | 12                  |
| <b>Total</b> | <b>50</b>         | <b>100</b>          |

The data given in the above noted table represents that out of the total number of the people under survey, 88% like fruits, 12% did not take fruits. From the above stated facts it is found that majority of people i.e. 88% like fruits.

#### How many times do you take meal in a day?

| Answer       | Number of persons | Percentage to total |
|--------------|-------------------|---------------------|
| Once         | 1                 | 2                   |
| Twice        | 19                | 38                  |
| Thrice       | 26                | 52                  |
| Four         | 4                 | 8                   |
| <b>Total</b> | <b>50</b>         | <b>100</b>          |

From the above noted table it can be observed that 52% are taken food thrice in a day and 2% are taken meal only one time in a day. Thus, it can be concluded that about 52% strongly agree that they taken food thrice times in a day.

#### Discussion

The study was carried out on total of fifty of college going girls (16-25yrs). All to this survey it was observed that 60% girls were aware about balanced diet but only 50% take balanced diet. In college going age a food rich in protein. CHO but moderate fat and containing essential vitamins & minerals are best for health. In this study, it was observed that 50% girls like routine meal while 22% like junk food.

In this study it was observed that 50% girls like routine meal while 22% like junk food. In this study, it was observed that 46% girls take milk daily while 40% dislike milk. Milk is the richest source of Calcium and other milk minerals & protein. So, it should be conscious about health of their bone later in the life. Out of girls studies 88% take fruit daily in their diet while 52% take meals three times in a day.

#### Conclusion

During the study it was concluded that 6% girls were aware about balance diet and 86% girls were conscious about their health. They are aware about the type of food to be included in the diet like fruits, vegetables, milk, fat etc. Junk food ( 22%) fried food (15%) boiled food (2%) baked food (10%) normal food (50%) maximum (46%) girls take milk once in a day, while (18%) girls take milk twice a day. Milk also constitutes a complete diet for maximum (28%) girls.

During the study, it was found that girls are aware to take fresh fruits and vegetables in their diet daily. About 88% girls in the study consume fruits.