



NUTRITIONAL ASSESSMENT & EDUCATION FOR THE
TEACHING FACULTY OF SALIHATH ENGLISH MEDIUM SCHOOL,
TONSE, HOODE, UDUPI

INTRODUCTION:

The nutritional survey was conducted for the 13 teaching faculty of Salihath English Medium School, Tonse, Hoode, Udupi by Priyanka Mondal, Sumayya, and Munawara Banu of 2nd M.Sc Food Science & Nutrition. The survey population belonged to the age group 21-58 years. Anthropometric measurements like height, weight, neck circumference, hip circumference mid-upper arm circumference, and body fat percentage were taken to analyze the nutritional status of the survey population. The anthropometric assessment was done on the 30th of January. Along with the anthropometric assessment, even the dietary assessment was taken of the survey population in which the 24-hour dietary recall and the food frequency was collected of each person in order to know their eating pattern and how it is effected by the daily work pressure.

OBJECTIVES:

- To know the nutritional status of the survey population at the community level.
- To know the dietary pattern of the survey population at the community level.
- To create awareness about nutrition and its benefits.

OUTCOME:

The collected data were analyzed and based on the results obtained it was seen that out of 13 individuals, majority were over nourished and few were healthy. The reason for malnourishment was evident from their body fat percentage and their body mass index. The reason for excess body fat was due to the age factor in the women. The analysis of dietary assessment depicted that all the individuals consumed more of non vegetarian food than the requirement and had low intakes of plant sources. It was seen that the diet lacked in protein and iron.

Based on the survey results the survey population was given nutritional education on the concept of balanced diet, nutritional classification of foods, functions of protein, calcium rich

foods, iron rich foods, benefits of plant sources in the form of flip chart, flash card, flannel chart, overlay chart and so on.

Dietary assessment -24 hour dietary recall



Nutritional education for the teaching faculty





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