

# Importance of Nutrients Taken By the Age Group (3 - 6) Year

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**Abstract:** *Nutrition is very important for everyone, but it is especially important for children because it is directly linked to all aspects of their growth and development, factors which will have direct ties to their level of health as adults. Nutrition is a health related to inquisitive eating behavior such as exploration, investigation and learning, evident by observe food consumption pattern of pre-school children. Lunch taken by pre-school in healthy packed. To aware the mothers by providing information regarding healthy food habits. Importance of nutrition taken by children between the age group 3-6 year the main objective. The research design was descriptive in nature; sample selection was done from South City and Rajnikhand, Bangla Bazaar area of Lucknow city using t-test technique. The total sample size was 100. Finding of the study 51% male and 47% female was found malnourished significant when calculated for frequency of gender.*

**Keyword:** Early childhood, nutritious food, eating habits

## 1. Introduction

Balanced nutrition early in life is essential for health later in life. After birth, infants receive breast milk or formula milk, and their nutritional intake is fully dependent on the nutritional value of these milks which cover most macro- and micro-nutritional needs. After a few months, milk is no longer sufficient to meet the energy and nutritional requirements of a child (Butte, Lopez-Alarcon, & Garza, 2002; Reilly, Ashworth, & Wells, 2005; Reilly & Wells, 2005) contemporaneously to the depletion of body iron stores. At this age, the amount of milk that should be consumed to provide the child with enough energy and nutrients is too large in comparison to a child's stomach size. The fact that milk is no longer nutritionally sufficient is one of the main reasons to start introducing the infant with complementary foods, i.e. weaning. Weaning is defined here as the gradual introduction of beverages and foods other than breast milk or commercial infant formulas. Ultimately, weaning should lead to the consumption of foods that are nutritionally complete and balanced, and that fit in the culture of the family and the country. Weaning is also important to help the child acquire an optimal behaviour toward eating, a competence that is necessary for an optimal transition from milk to table foods and family foods after the first year of life. Moreover, since food preferences have been shown to take shape early in life and track further on until adulthood (Devine, Connors, Bisogni, & Sobal, 1998; Nicklas, Webber, & Berenson, 1991; Nicklaus, Boggio, Chabanet, & Issanchou, 2004; Nicklaus, Boggio, Chabanet, & Issanchou, 2005; Skinner, Carruth, Bounds, Ziegler, & Reidy, 2002), an optimal introduction of weaning foods will have an impact on the development of healthy eating habits, both short and longer term. In the light of the rising prevalence of diet-related diseases such as childhood obesity, the development of healthy eating habits early in life may be one of the ways to prevent the onset of these diseases. There are several factors that influence children's

intake of fruits and vegetables, including personal, social and environmental factors (De Bourdeaudhuij et al., 2006; Wind et al., 2006). Parental role modeling of healthy eating behaviors is an important social factor, and several studies have shown role modeling of healthful foods to be positively associated with child's dietary intake and preference for fruits and vegetables (Bere & Klepp, 2004; Cullen et al., 2001; De Bourdeaudhuij et al., 2008; Granner et al., 2004; Reinaerts, de Nooijer, Candel, & de Vries, 2007; Wind et al., 2006; Young, Fors, & Hayes, 2004). However, not all studies have had similar findings. Some studies have found that parental role modeling of healthful foods is not significantly associated with children's consumption of healthful foods (Matheson, Robinson, Varady, & Killen, 2006), that parental role modeling is significantly associated only for girls' intake of fruits and vegetables (Kristjansdottir et al., 2006) or parental role modeling is significantly associated with intake of fruits and vegetables for normal weight, but not overweight boys.

## 2. Method and Materials

The research design of this present study was descriptive in nature. The sample size was 100 (50 mothers and 50 teacher) and the sample was collected from Lucknow city using Interview schedule and questionnaire method along with mothers and teachers. The data calculated purposive random sampling techniques. The data calculated was analyzed using frequency, percentage, mean, standard deviation and t-test.

## 3. Result and Discussion

Finding of the study, as obtained of the analysis of the data collected by the interview schedule along with questionnaire are described and discussed in this part of paper.

**Table 1:** Distribution of respondent on the basis of age the respondents.

Age	Frequency (%)
3-4	52 (51.0)
5-6	48(47.1)
Total	100

Data in table.1 discuss distribution of respondents according to age that 51.0 percent 3-4 years old children and 47.1 percent 5-6 years old children were belonging to age.

**Table 2:** Frequency distribution on the basis of age according to importance of nutrients taken by the age group (3 - 6) year.

S.N.	Statement	Mother		Teacher		t-test	Significance
		Mean	SD	Mean	SD		
1.	Provide minerals, calcium, protein	1.20	.404	1.14	.351	.793	.113
2.	Daily drink the milk	1.28	.454	1.64	.486	3.834	.095
3.	Like the seasonal fruit	1.16	.370	1.10	.303	.887	.076
4.	Eat cereals, pulses	1.55	1.459	1.34	.479	.971	.175
5.	Child feel tired according to age	1.52	.505	1.28	.454	2.501	.001
6.	Good capacity your child for disease	1.38	.490	1.38	.490	.000	1.000
7.	Like the milk's made food	1.22	.418	1.58	.499	3.911	.000

The table.2 shown revealed that, as the t-value (0.000) was higher than then t-value, therefore the value high was rejected. Which means that there exists difference believe the age and reasons for doing thought the difference was not significant shown importance of nutrition. Mean values calculated showed that they represent belonging to age group 3-6 year were having maximum reason for doing importance of nutrition.

#### 4. Conclusion

This study to document the nutrition levels of preschool-aged children in according with the physical activity and nutritious food guidelines. With a better understanding of the physical activity rates of preschoolers, interventions the promote and support physical activity in the lives of children, specifically preschoolers are necessary. If researchers' assumption that early activity is imperative for long-term health benefits is correct, then the long-term health of preschoolers could result in drastic increases in health care costs and rises in obesity levels, as nearly half of preschool-aged children are not sufficiently active, and this rate will continue to increase with age.

#### Reference

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