

ADEQUACY OF NUTRIENTS IN MDM: A STUDY IN A MUNICIPAL AREA SCHOOL IN NADIA, WEST BENGAL

Mid-day meal (MDM) programme in India is the largest school lunch program in the world, implemented to facilitate food security and minimize chances of children dropping out from school. In this backdrop, the aim of the present study was to evaluate the nutritional adequacy of MDM served in school to upper primary school children. Data of 107 upper primary school children were collected from a school implementing the MDM scheme in a municipal area of West Bengal. The results revealed that although all the nutrients are being provided in the MDM, still there is a gap between the recommended components and the meal provided in the school under study. The average intake of rice, pulses, vegetables and oils per child through MDM in the study was 136.03g, 12.56g, 120.46g and 4.26g respectively. In the present study, the contribution of energy and protein as a portion of RDA was found to be 29.87% and 55.16% respectively.

Key words: malnutrition, nutrition security, RDA, upper primary school children, food group
