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Nutritional Demands in Schools Children for Performance and Health: A Brief Review in India

Arindam Ghosh and Lokendrabahadur Kathayat

Abstract

The key to national and social development is subsequently influenced by children, because children are the future of the nation. A child's holistic development takes place through the school premises, where children spend most of their day. School-going age is the foundation of a child's life, which helps to strengthen future life. A healthy body, immune system, good health and a productive society are built on proper nutrition. There is a growing body of literature that recommends paying attention to school children's nutrition. This article briefly describes research conducted on the effects of nutrition on the health and performance of school children. Also done to know the prevalence of obesity, overweight, stunting and wasting among children in different states of India. Data collection sources from various reviewed studies such as BMI, anthropometric measurements, dietary recall and nutritional assessment are Google Scholar, Research Gate, PubMed, etc. Findings from various studies show that most school-aged children in India are malnourished, most of whom live in rural areas and are financially vulnerable. It concluded that tailoring diets according to age and sex, improving parental education and emphasizing seasonal crops. Finally, it was suggested that more emphasis should be placed on prevention than treatment of health problems.

Arindam Ghosh

PhD Scholar

Department of Physical Education, RIMT University,
Sirhind Side, Mandi Gobindgarh, (Punjab), India

E-mail: arindam.ruban@gmail.com

Lokendrabahadur Kathayat

Assistant Professor

Department of Physical Education, RIMT University,
Sirhind Side, Mandi Gobindgarh, (Punjab), India

Email: lukskathayat@gmail.com

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Introduction

Throughout the life cycle,—from the womb to adulthood—each child's nutritional needs, eating behaviours, and influences evolve and change. Adolescence (10-19 years as defined by WHO) is a