

Impact of Mid-day-meal on Children's Health

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Abstract :

Mid-day-milk is the national programme of Nutritional support to primary education. (NPNSPE) commonly known as mid-day-meal scheme, was launched on 15th aug1995. This centrally sponsored scheme aimed to improve enrollment, retention, and attendance in primary schools while simultaneously enhancing the nutritional level of children after a implementation of scheme. Improved nutritional status and health. Increased school attendance and retention. Better academic performance and cognitive function. The programme encourages education especially for girls. But the mid-day-meal face some challenges also ensuring meals meet nutritional standards and guidelines. Increasing fat, green leafy vegetables and vitamin-c rich fruits in meals to improve calorie and micronutrient contribution. Addressing mainutrition and food security concerns.

Key word : Mid-day-meal, NPNSPE, Nutrition, Vitamin, Attandance, Academic performance.

Introduction :

Mid-day-meal scheme officially pm- poshan is a school meal programme in india designed to better the nutritional status of school age children nationwide. The programme supplies free lunches on working day for children in government primary and upper primary schools, government aided anganwadis, madarasas and madtabs. Serving 120 million children in over 1.27 million schools and education guarantee scheme centres, the midday meal scheme is largest of its kind in the world.

The mid-day meal scheme (MDM) aims to address malnutrition and improve school attendance and enrollment by providing free nutritions meals to school children the scheme also aims to incakalic hygiene and sanitation practices among children it provides a minimum of 470 calories and 12grams of protein per child in classes i-v and 695 calories and 20 grams of protein in classes VI-VIII.

Statement of problem :

Impact of mid-day-meal on children's health.

Oprrational definitions :

Impact is the factor which effect on the statement factor.

Mid-day-meal – The scheme of govt. which gives a meal to children in primary and upper primary school

Children's health- Health means all over health mental physical and coguitive progress in health.

Significance of the study :

The mid-day meal scheme (MDM) in india is programme that provides a free nutritious lunch to children in government and government aided schools. Its significance stems from its ability to improve the nutritional status of children, boost school attendance and retention, reduce dropout rate and promote social equality. Its also important for nutritional benefits, its also useful for educational impact. Social equality is also important factor.

All the issues related to mid-day-meal are important improve in enrollment, reduce in dropout and healthy school life is the significance of the mid-day, meal.

Objectives of the study :

1. To know the mid-day-meal scheme.
2. To know the factors of mid-day-meal.
3. To know the contents of mid-day-meal.
4. To understand line importance of mid-day-meal for children's health.

Literature review :

In 1920 a subbarayaly Reddiar the first chief minister of the madras presidenly introduced the mid-day-meal scheme in a corporation school in the thousand lights area. The initiative was based on the idea proposed by. P. the agaratychetty who was serving as the president of the justice party.

The mid-day-meal scheme has been implemented in the union territory of Puducherry under French administration. Since 1930. In post-Independence India the midday meal scheme was first launched in Tamil Nadu pioneered by the former chief minister K. Kamraj in the early 1960 by 2002 the scheme was implemented in all of the states under the orders of the supreme court of India.

In 2021 the central government announced that an additional 24 lakh student receiving preprimary education at govt. and govt. aided schools would also be included under the scheme by 2022.

Under article 24 paragraph 26 of the convention on the right of the child, to which India is a party. India has committed to yielding adequate nutritious food for children. The programme has undergone many changes since its launch in 1995, the midday meal scheme is covered by the national food security act 2013. The legal backing for the Indian school meal programme is akin to the legal backing provided in the US through the national school lunch act.

Roots of the programme :

The roots of the programme can be traced back to the pre-independence era, when a midday meal programme was introduced in 1925 in Tamil Nadu. Initiatives by state governments began in the 1962-63 school year.

The Indian state Tamil Nadu was a pioneer in introducing midday meal programme in India to increase the number of children enrolling in school. K. Kamraj the chief minister of the Tamil Nadu at the time introduced it first in Chennai and later extended it to all districts of Tamil Nadu during 1982. 1 July onwards the chief minister of Tamil Nadu M.G. Ramchandran upgraded the existing midday meal scheme in the state to nutritious noon meal scheme keeping in mind around the 68 lakhs children were malnourished. Gujarat was the second state to introduce an MDM scheme in 1984. Midday meal scheme was introduced in Kerala in 1984. And was gradually expanded to include more schools and grades by 1990-91 twelve states were funding the scheme to all or most of the students in their area 1. Goa, 2. Gujarat 3. Kerala 4. Madhya Pradesh 5. Maharashtra 6. Meghalaya 7. Mizoram 8. Nagaland 9. Sikkim, 10. Tamil Nadu, 11. Tripura 12. Uttar Pradesh 13. Karnataka 14. Odisha 15. West Bengal.

Received international aid to help with the implementation of the programme, while in Andhra Pradesh and Rajasthan the programme was completely funded by foreign aid.

Factors of mid day meal scheme :

A) Increased School attendance and enrolment :

- 1) Incentive for parent.
- 2) Improved attendance.
- 3) Reduced dropout rates.
- 4) Increased enrolment.

B) Reduced malnutrition and improved nutritional status.

- 1) Addressing hunger.
- 2) Enhanced nutritional intake.
- 3) Improved learning and concentration.

C) Social equity and inclusion.

- 1) Social cohesion.
- 2) Reduced gender gap.
- 3) Empowerment of women.

Measurement of nutrition value of mid day meal :

The cooking cost which includes the cost of vegetables pulses, oil, condiments and fuel is being upwardly revised annually since 1.4.2010. The mid day meal guidelines prescribe the following nutritional content to achieve the objectives of the scheme in the mid day meal.

Items	For children of primary classes	For children of upper primary classes
A) Nutritional Norms (Per Child Per day)		
Calorie	450	700
Protein	12 gms	20 gms.
B) Food Norms (per child per day)		
Food		
Grains	100 gms	150 gms
Pulses	20 gms	30 gms
Vegetables	50 gms	75 gms
Oil and fat	5 gms	7.5 gms
Salt and condiments	As per need	As per need

This information is given by the minister of state (HRD) Shri. Upendra Kushwaha in written reply to Rajya Sabha question 4th Aug 2016.

Children's health and nutrition's :

Child health and nutrition are closely linked and proper nutrition is crucial for child's growth, development and overall well being. Adequate nutrition during infancy and early childhood is particularly important as it impacts a child's physical and cognitive development.

Malnutrition whether undernutrition or over nutrition can have serious consequences for a child's health and future.

Key aspects of child's health and nutrition :

- 1) Breast feeding
- 2) Complementary feeding.
- 3) Balanced diet.
- 4) Addressing malnutrition.
- 5) Micronutrients.
- 6) Good eating habits.
- 7) Regular health checkups.

Conclusion :

Mid day meal is important scheme for child's health. Healthy eating in childhood reduces child's chance of developing health problem as they get older. A healthy balanced diet includes food from 5 groups. Fruit, vegetables, grains, proteins include the above content in some states but fruits are not included mostly.

Food with high sugar, saturated fat and salt aren't necessary for a healthy diet and should be limited and adopted by the mid day meal scheme.

Cooking and eating healthy foods together as a family can help child develop eating healthy habits for life. Mid day meal scheme is good for this.

Mid day meal scheme improves the health of child. It increases the enrolment, it reduces the dropout from school. It is helpful to increase the attendance of child in school.

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