

Functional Foods Awareness of Mothers for Children (6 to 11 Years) in Unnao District

Abstract

Food have a vital role in supporting children to remain healthy and prevent them from diseases. 40% of the population in india consist of children. Many of them are suffering from diseases like, fever, cough, cold, digestive problems, dental problem and many other diseases. School age children 6 to 12 years are considered as vulnerable group because this is growing age but they intake improper or faculty food. Due to this contradictory condition with children they can lead to many diseases in future like obesity, cancer, diabetes etc. This investigation is made on the study of functional foods awareness of mothers for children (6 to 11) in unnao district. In this investigation 75 mothers were included as a sample of the study. The result of investigation indicate that majority of respondent mothers 96% in unnao district were aware of disease preventive quality of hing. In the contrary 5.33% mothers aware of cumin disease preventive quality.

Among the 75 mothers only 8% mothers aware of Dalchini as a disease preventive food. In the contrary awareness of termeric as a disease preventive food is 92%. Only 6.66% respondent know the disease preventive quality of tomatoes. Only 34.66 mothers respondents were told that citrus fruit prevent the disease. This indicate the majority of mothers have less knowledge about disease preventive quality of foods. (Garlic, onion, cruciferous vegetables, circuit fruit). Knowledge regarding disease preventive foods are needed on priority basis.

Keywords: Functional foods, Disease Preventive Foods, School Age.

Introduction

Children are the supreme assets and future of any nation. Their health and well being is of great significance. It is a still major concern for mothers protect the health of their children. Health problems are wide spread in school going children. The period of school age has been called the latent time of growth and their play area get extended. He comes into contact with other children which affect the child very much. They become more independent about choosing their food. School going children takes more faculty foods. They eat less Home cooked meals, fruits, vegetables and healthy foods. It is harmful to children steering their food choice away from the healthy and towards the unhealthy food. They easily caught by many diseases.

Functional food is a normal type of food have beneficial effects on target functions in the body beyond a adequate nutritional effect, in a way that is relevant to health and well being and / or reduction of disease.

This age may be one of the important deciding factor to life long health of children so it is essential for mothers to know the disease preventive quality of many foods.

Objective of the Study

1. To study the socio demographic profile of the respondents.
2. To assess the awareness of mothers(6 to 11 years children) in unnao district.

Methodology

The present study was conducted in unnao district of Uttar Pradesh, India. The study was done 75 mothers of sumerpur, Bihar, Simari area of unnao district. Availability of mothers (6 to 11 years children) were ascertained through school enumeration survey. The 75 mothers were included in the sample of the study. The investigation is conducted on well prepared schedule. Which divided into section i.e. general information, information regarding awareness of functional foods. The collected data was analyzed in percentage.

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Results and Discussion

The data with respect to various personal socio-demographic profile of the respondent have been studied and furnished in table.

Table-1

Socio-Demographic Profile of the Children and Mothers

Sr. No.	Socio-demographic Profile	Frequency	Percentage (N) = 75
1	Age of the children (6 to 11)		
	6-7	12	16
	7-8	15	20
	8-9	18	24
	9-10	9	12
	10-11	21	28
	Total	75	100
2-	Age of Mothers		
	Below 30	9	12
	30-35	30	40
	35 to 40	24	32
	above – 40	12	16
Total	75	100	
3	Education of mothers		
	12 th passed	9	12
	Graduated	45	60
	Post Graduated	21	28
Total	75	100	
4-	Current Status		
	Working	14	18.66
	Household work	61	81.34
	Total	75	100
5-	Caste		
	Upper Caste	42	56
	Backward	19	25.34
	Shedule Caste	14	18.66
Total	75	100	
6-	Religion		
	Hindi	60	80
	Muslim	9	12
	Other	6	8
Total	75	100	
7-	Type of Family		
	Nuclear Family	33	44
	Joint Family	42	56
	Total	75	100

Socio-demographic profile the children and their, mother reveled that majority of 24% (N=18) children belong to age 8 to 9 and majority 40% (N=30) mothers age group were 30 to 35 year among the 75 mothers 12% (N=9) were found to be 12th standard passed and 60% (N=45) of them has graduation and 28% (N=21) studied Post Graduation with regards currents status majority of 81.345 (N=61) of the respondent mother were engaged in household activity and 18.66% (N=14) were of them working.

Distribution of the respondents according to religion showed that the majority of them were Hindu 80% (N= 60) and only 12% (N=9), Muslim. Other caste were only 8% (N=6). Maximum 56% (N=42), greater Population of upper class, 25.34 (N=19) backward caste. Majority of respondent 56% (N=42) belong to joint family and 44% (N=33) nuclear family.

Table-2

Information Regarding Functional Foods (N= 75)

Sr. No	Awareness of Functional food	Frequency	Percentage
1.	Foods play a major role in health	45	60
2	Some foods reduce the risk of developing disease	20	26.66
3	Knowledge about disease preventive quality of garlic	35	46.66
4	Knowledge about disease preventive quality of tomatoes	5	6.66
5	Knowledge about disease preventive quality of citrus fruits	26	34.66
6	Knowledge about disease preventive quality of cruciferous vegetable	21	15.15
7	Knowledge about disease preventive quality of onion	12	16
8	Knowledge about disease preventive quality of Asafoetida	72	96
9	Knowledge about disease preventive quality of cumin	4	5.33
10	Knowledge about disease preventive quality of cinnamon	6	8
11	Knowledge about disease preventive quality of black pepper	50	66.66
12	Knowledge about disease preventive quality of turmeric	69	92

The data presented in table -2 indicate that 60% (N=45) mothers Respondent believe that foods plays a major role in health and well being. Only 26.66% (N=20) believe that many foods has extra quality to reduce the risk of developing disease.

The data indicate majority of respondent 96% (N=72) of them aware of disease preventive quality of Asafoetida and 92% (N=69) respondent aware of Turmeric. In the contrary only 5.33% (N=4) of them aware of cumin as disease preventive food and 16% (N=12) mothers aware of onion. Awareness as citrus food in disease prevention and well being were found to be low among the mothers. Only 34.66% (N=26) were aware of citrus fruits and 6.66% (N=5) mothers respondent aware of tomatoes.

In all 75 of mothers only 8% (N=6) mothers respondent aware of cinnamon disease preventive quality and 15.75% (N=21) aware of cruciferous vegetables.

Among 75 mothers respondent 66.66% (N=50) respondent were told that black pepper prevent the developing disease and 46.66% (N=35) know disease preventive quality of Garlic.

Conclusion

In the present study which was conducted in unnao district. It is concluded that the disease preventive qualities of many foods is only known by relatively small minority of the mothers in Unnao district. They know the food but they had very less knowledge about disease preventive quality of foods. The functional foods and its disease preventive quality education must be imparted to mothers for improvement of their child in many disease.

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