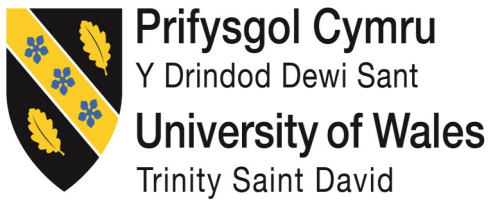


Effects of eating habits and bevaviours in school aged children



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Abstract

Looking at how school aged children’s eating habits, along with behaviours and attitudes towards food, and the possible effects these can have on their over all health and development during childhood and later on in life. Research conducted on the diaries, suggests the majority of children are not meeting their daily requirements.

Results

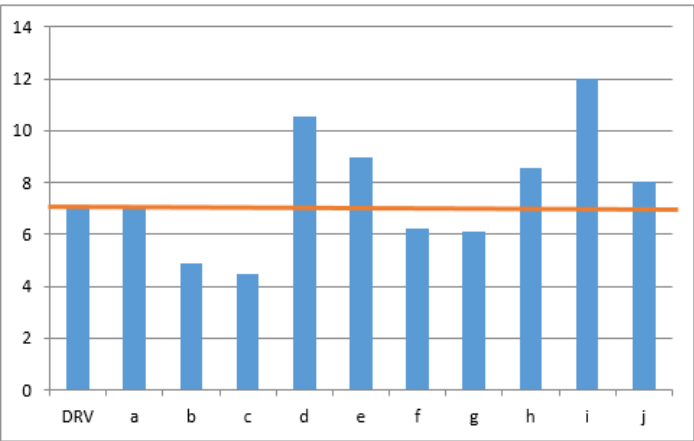
Table 1 showing the results of how much nutrients each child is getting for the four day period.

	Protein	Calcium	Iron	Zinc	Vitamin A	Vitamin D	Vitamin B	Vitamin C
DRV	28.3	550	8.7	7	400	0	1	30
a	60.5	711.25	10.63	7.05	601.75	1.95	2.35	42.5
b	50.6	541	9.48	4.9	143.5	2.7	1.83	55.45
c	43.7	415.75	6.9	4.5	129.5	2.25	1.1	16.68
d	85.5	1617	6.83	10.55	638.75	0.8	1.28	78
e	103.25	1545.5	10.7	8.95	763	3.35	5.53	56.28
f	71	1188	5.55	6.23	653.5	0.75	2.45	31
g	46.75	630	7.48	6.1	572.75	2.15	3.5	39.5
h	75.25	1095.75	9.85	8.53	1390.75	3.3	5.95	148.5
i	89.5	935.5	16.6	12.03	602.25	2	6.08	18.73
j	79.5	890.25	12.8	8.03	546.75	1.41	3.33	19.03

Table 2 showing whether each child met the recommended guidelines for each nutrient over the four days.

	Protein	Calcium	Iron	Zinc	Vitamin A	Vitamin D	Vitamin B	Vitamin C
DRV	28.3	550	8.7	7	400	0	1	30
a	y	y	y	y	y	y	y	y
b	y	n	y	n	n	y	y	y
c	y	n	n	n	n	y	y	n
d	y	y	n	y	y	y	y	y
e	y	y	y	y	y	y	y	y
f	y	y	n	n	y	y	y	y
g	y	y	n	n	y	y	y	y
h	y	y	y	y	y	y	y	y
i	y	y	y	y	y	y	y	n
j	y	y	y	y	y	y	y	n

Graph 1 showing which children are meeting the DRV for zinc.



Discussion

Having completed analysing the information received in the diaries, research suggests that children’s behaviours and attitudes with regards to food can and does have a major impact on their health, both in childhood and later on in life. Worryingly results showed that the majority of children are **NOT** meeting the requirements. As can be seen in tables 1 and 2, interestingly as well as worryingly the two nutrients which stand out for deficiency are **iron** and **zinc**. Concentrating on **zinc**, prolonged deficiency can have serious consequences for a child’s health and development, mentally as well as physically. This is due to **zinc** being important for the maintenance of a healthy and strong immune system, along with major metabolic pathways. Contributing to the metabolism of carbohydrates, proteins, lipids and nucleic acids. In addition to helping with the body’s ability to heal. Accompanying tables 1 and 2, graph 1 gives a clear picture of the DRV along with which children are meeting the requirements, which are not

Conclusion

Results from the conducted research suggests, that children’s habits , along with behaviours and attitudes towards food can not only cause health problems such as obesity, but essential nutrient deficiency and toxicity also.

References.

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Introduction

This research experiment looks at the possible effects children’s eating habits, behaviours and attitudes towards food can have on both their physical and mental health, development and well being. Included are 8 of the main nutrients; protein, calcium, iron, zinc, vitamin A, vitamin C, Vitamin D and vitamin B12. Concentrating further on zinc, with regards to children are and are not meeting the daily requirements, along the effects of deficiency. Although it is important to maintain a healthy intake of all nutrients, the ones selected stood out as being the main ones required due to the key parts they play in maintaining both physical and mental health.

Method

Before any research was conducted, ethical approval was sought. On approval the study then approached a number of parents and asked if they would mind completing a four day diary whereby they were required to keep a record of all that their child ate and drank, including weight and volume during the four day period.

On agreement, 10 parents were given a consent form to read and sign both giving their permission and stating they understand what is required, and what the diaries are for. Having received all of the completed diaries the information collected was then evaluated and analysed using “Nutritics” software in order to help determine what effects can be caused. Included within the findings was whether each of the children were meeting the DRV of some of the key nutrients needed.