

Adolescent Girls Title: Assessment of Knowledge, Attitude and Practice about Balance Diet among in Noakhali Region Bangladesh

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Adolescence is the transition period between childhood and adulthood. It is one of the fastest growth periods of a person's life. During this stage, physical changes affect the body's nutritional needs while changes in lifestyle may affect eating habits and food choices. A well-balanced diet provides important vitamins, minerals, and nutrients to keep the body and mind strong and healthy. It also means getting the right amount of nutrition to support growth and development. A well-balanced diet contains nutrient-rich foods from all the food groups. Many adolescents experience a growth spurt and an increase in appetite and need healthy foods to meet their growth needs. Adolescence is a significant period for physical growth and sexual maturation. Nutrition being an important determinant of physical growth of adolescents is an important area that needs attention. Adequate nutrition plays a very important role in maintaining good health. The present study was an attempt to assess the knowledge regarding balance diet needs to maintain good health and also to gain an insight into food behavior and practices among adolescents girls (Barooah, 2012). All the required baseline information was collected using standard methods. Knowledge- Attitude- Practice (KAP) assessment was made by structured questionnaire regarding basic nutrition, balance diet, eating habit, sanitation and hygiene accordingly. All required statistical work has been carried SPSS. The results of the study revealed that 45.6% adolescent girls had good knowledge, 42.7% adolescent had positive attitude and only 4.5% adolescent girls had good practice regarding balance diet. The study result also shows that 41.2%, 43.3%, 12.0% and 3.5% adolescent girls were underweight, normal, overweight and obese respectively.

Biography

Muhammad Helal Uddin has completed graduation degree at the age of 23 years from Noakhali Science and Technology University department of Food Technology and Nutrition Science. He also president of NEED Assistant research unit, NSTU. His first research about balance diet also pending for Publishing. In her academic life he also rewarded various national award. At a time, he is a researcher, writer, debater and good speaker. Recently, he also monitoring and researching dengue epidemics and its comorbidities and risk factor in Bangladesh. In her short period of life, he also supervised and coordinated various project in nutrition and food sector.

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