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REPORT



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ORIGINAL ARTICLE

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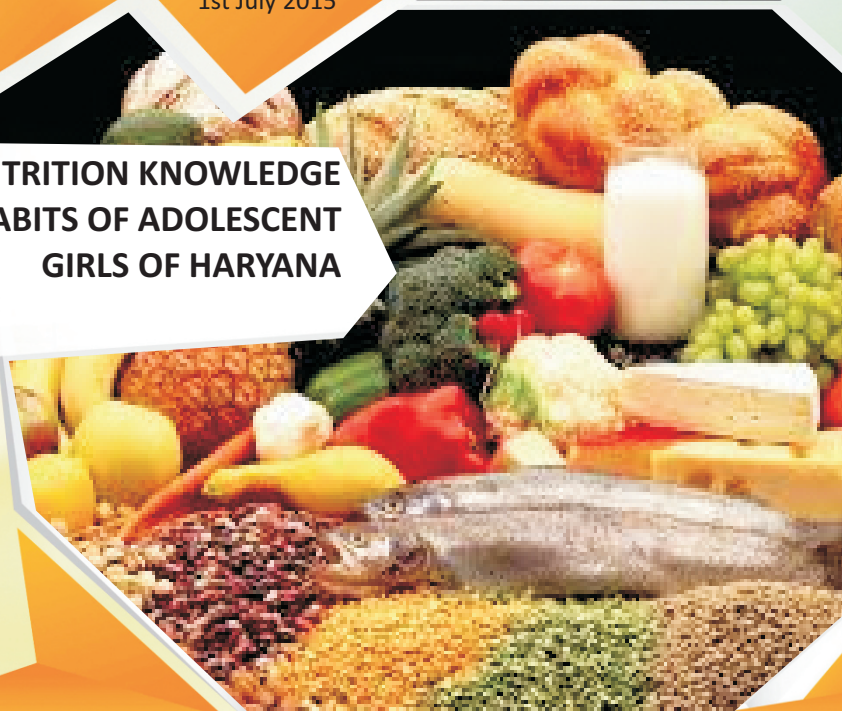
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A STUDY ON NUTRITION KNOWLEDGE AND DIETARY HABITS OF ADOLESCENT GIRLS OF HARYANA

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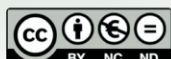


Latesh

ABSTRACT

Good nutrition is essential to maintain healthy life. Malnutrition is common problem in India. Adolescents are more vulnerable to malnutrition, as requirement of nutrients increases during this period. Unsound food habits and lack of nutrition knowledge are main contributors in poor nutritional status of a person. The aim of this study was to assess nutrition knowledge and food habits of adolescent girls. This study was designed using purposively sampling technique. One hundred adolescent girls were selected.

Article Indexed in



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REVIEW OF THE ARTICLE

A Study On Nutrition Knowledge And Dietary Habits Of Adolescent Girls Of Haryana

Latesh and Veena Garg

Introduction:

The abstract was complete and essential details were presented. Study recommended imparting nutrition education to adolescent girls through various public intervention programmes. The goal of nutrition education is to make aware the adolescents about risk factors related to poor eating habits especially junk foods as well as to teach practical importance of balanced diet.

Methodology:

To assess nutrition knowledge of adolescent girls and to study dietary habits of adolescent girls were the two objectives of the study. Sample selection was mentioned clearly. Development of the tool was also discussed by the author.

Statistical analysis:

Data was tested using standard statistical methods. Data analysis procedures were sufficiently described, and are sufficiently detailed to permit the study to be replicated. The amount of data presented was sufficient and appropriate. Tables, graphs, or figures were used judiciously and agree with the text.

Conclusions:

Conclusions of the study mentioned in detail. Suggestions were also given in detail. More than fifty percent of adolescent girls had adequate nutritional knowledge about balanced diet and therapeutic nutrition. Majority of the adolescent girls were vegetarian and healthy. Adolescent girls preferred to eat outside. Skipping of meal and eating junk foods were observed the two major problems of adolescent girls.

References:

References mentioned were sufficient for the study. Add some additional references.

Scientific Conduct:

There were no instances of plagiarism. Ideas and materials of others were correctly attributed.

Relevance:

The study is relevant to the mission of the journal or its audience. The study addresses important problems or issues; the study is worth doing.

SUMMARY OF ARTICLE

No.		Very High	High	Average	Low	Very Low
1.	Interest of the topic to the readers	✓				
2.	Originally & Novelty of the ideas		✓			
3.	Importance of the proposed ideas		✓			
4.	Timelines	✓				
5.	Sufficient information to support the assertions made & conclusion drawn			✓		
6.	Quality of writing (Organization, Clarity, Accuracy Grammer)		✓			
7.	References & Citation (Up-to-date, Appropriate Sufficient)	✓				

FUTURE RESEARCH SCOPE:

1. Baby-friendly Hospital Initiative.
2. Child Growth Standards.
3. Controlling the global obesity epidemic.
4. Dietary recommendations / Nutritional requirements.
5. Evidence-informed guidelines in Nutrition.

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