

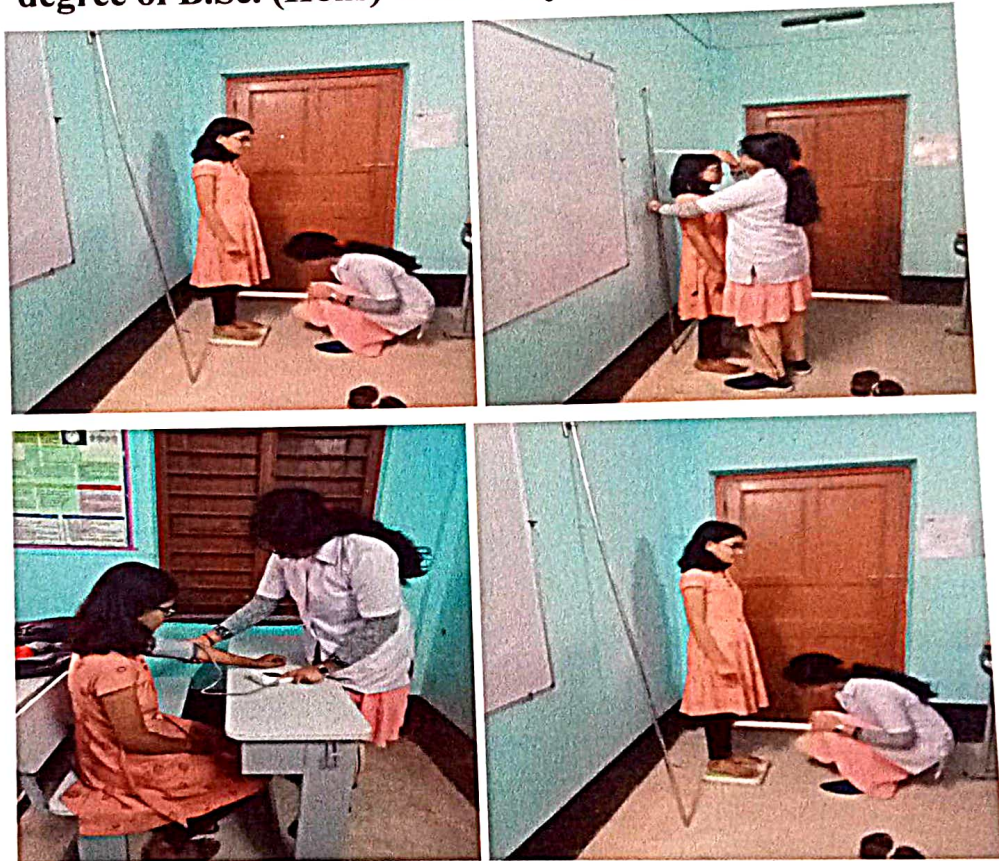
VIDYASAGAR UNIVERSITY

A Project Work

On

A comparative study on nutritional and health status
between breakfast skipper and breakfast eater adolescent
girl (13-19 years)

This project work is submitted for the partial fulfillment for the award of
degree of B.Sc. (Hons) from Vidyasagar University



Submitted by

Sangita Hazra

Roll No.:1125129-200118

Regn. No.: 1290749 of Session: 2020-2021

Dept. of Nutrition

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Bhupatinagar, Purba Medinipur; Pin-721426

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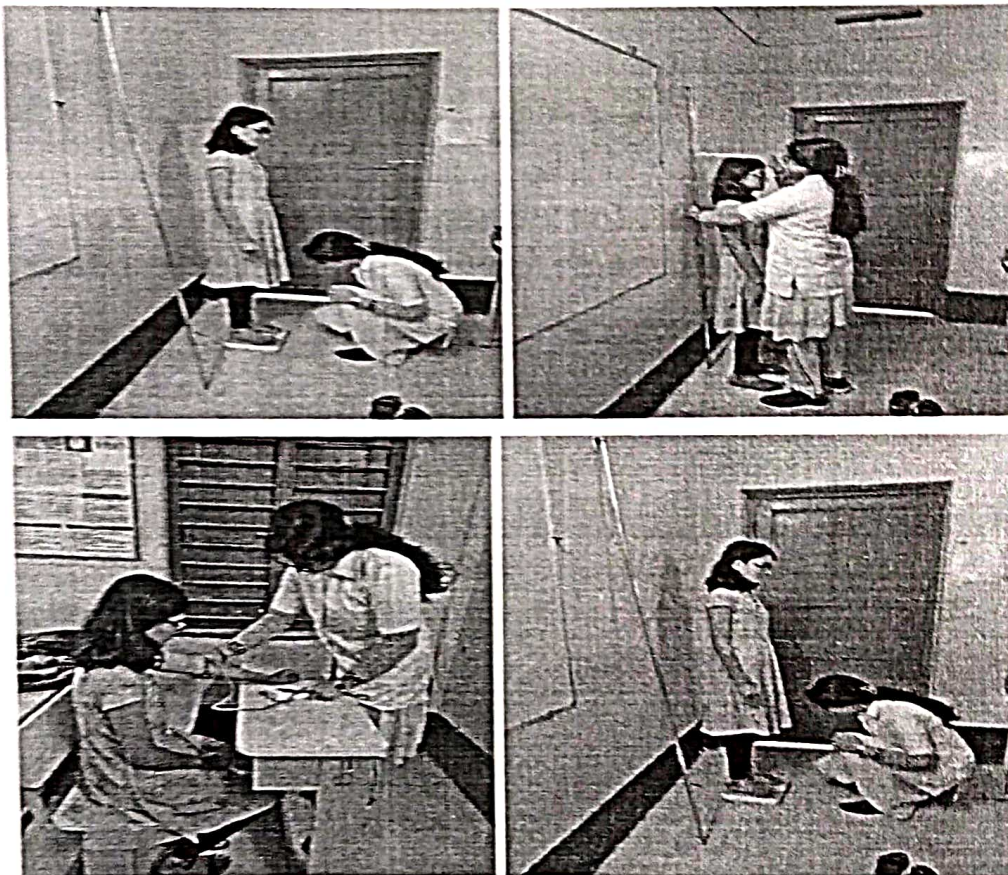
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(UGC recognized as College with Potential for Excellence;

Affiliated to Vidyasagar University)

TO WHOM IT MAY CONCERN

This is to certify that **Sangita Hazra (Roll:-1125129; No.: 200118; Regn.No.: 1290749 of Session: 2021-2022)** a student of B.Sc. Part -III, Dept. of Nutrition, under Vidyasagar University, Paschim Medinipur, has completed her project work under my guidance on the topics '**A comparative Study on Nutritional and Health Status Between Breakfast Skipper and Breakfast Eater Adolescent Girl (13-19 years)**' for the partial fulfillment for the award of degree of B.Sc. from Vidyasagar University.

I am satisfied for her performance .He is energetic and up to date in his work; I wish success in his life.

Date: ...22/12/2022...

Rikta Jana

.....
(Prof. Rikta Jana)

SACT Teacher

Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

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First and foremost, I would like to pay my obeisance to God Almighty for always bestowing me with His blessings without which I could not have achieved anything that I have today.

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Vocabulary finds no appropriateness to express my heartfelt love and thanks from the very core of my heart to my classmates and juniors for their constant encouragement and help throughout the study.

Date: 22.12.2022

Sangita Hazra
(Sangita Hazra)

ABSTRACT

Breakfast is the most important meal in our daily life. Breakfast consumption is fully associated with healthy lifestyle. Eating breakfast for adolescent girls(13-17yrs)is necessary to prevent various problems.Adolescent girls who skipped breakfast regularly suffered from irregular menstruation,obesity,lowered cognition ,poor performance, etc.According to cross sectional study reports the risk of obesity are increased due to irregular breakfast consumption. Healthy dietary practices are critical determinants of development in adolescent girls.The data was collected for Breakfast Skipper (n=22) and for Breakfast Eater (n=18). The survey was found that different measurements like height, weight, blood pressure, pulse rate, waist and hip circumferences, body fat (from biceps, triceps by measuring skinfold thickness) were carried out. The participants were asked about their diseases. It was found that there were no significant ($p>0.05$) differences in BMI, Waist Hip Ratio, Systolic pressure, Diastolic pressure, pulse pressure,Protein, Fat, Carbohydrate,Energy,Calcium,Iron between Breakfast Skipper and Breakfast Eater Adolescent girls . But it has noticed thatPulse Rate, Biceps, Triceps, MUAC, PBF, are significantly ($p<0.05$) lower inBreakfast Skipper and Breakfast Eater Adolescent girls. It was observed that more percentage of Breakfast Skipper was suffering from Hypertension, Skin disease, Ear problems, Eye Discomfort and redness,, Abdominal pain, Dental Carries, Anaemia, Non-alcoholic fatty liver disease, Obesity, Irregular menstruation, Dysmenorrhea compare to Breakfast Eater.

Keywords: adolescentgirl, skipping breakfast,obesity,irregular menstrual cycle,lowered cognition

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