

U.P.S.C.

उपनाम
(Question No.)

एन सी ई आर
ए फिल
(Don't write anything
in this part)

Q. Tamilnadu's breakfast scheme is a good model to improve school education and public health of the country. Discuss.

Ans: → According to a UNICEF report, India has world's highest number of children with severe acute malnutrition.

Factor that contribute malnutrition

(1) Feeding Habits

- 1.1. Lack of awareness of nutritional qualities of food
- 1.2. Irrational belief about food.
- 1.3. Inappropriate child rearing and feeding habits

(2) Poor access to food

(3) Poverty

- 1.1. because of low purchasing power the poor cannot afford to buy desired amount and desired quality of food.

(4) Anaemic mother gives birth to undernourished babies.

(5) Socio-cultural factors → large family

- ↳ inequitable distribution of food
- ↳ poor quality of housing sanitation

and water supply. In view of aforementioned

factors, school going children lacks basic nutrition. as devised for school going children.

So, Breakfast Scheme launched by Tamil Nadu government to address public health. to large and improve school education particularly in following way.

- (1) It will improve school performance, in terms of attendance.
- (2) Regular breakfast takes care of diet quality. micronutrient, anaemia and height and weight issue.
- (3) Address cognitive behaviour of the children.
- (4) Improve BMI in long term.

The Breakfast scheme supplement PM POSHAN Abhiyan and support Samagra Shiksha Abhiyan in long term