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By Dr Vipinder Nagra

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.PREFACE Nutrition is the basic necessity for all of us. It is the science of foods, the nutrients and other substances, their action and interaction, balance in relationship to health and disease, the process by which the organism ingests, digests, absorbs, transports and utilizes nutrients and disperse their end products. Each one of us is concerned with our health and health of those close to us. Media such as newspaper, magazines, television, radio, and internet are filled with pros and cons and advice about good health. We are all very much concerned with the health of our kids and always feel concerned for their sound health. Malnutrition and undernutrition are two grave problems the countries are facing throughout the world. The reason is lack of appropriate knowledge, poverty, illiteracy, and lack of regular diet patterns. To eradicate the root cause of these problems it becomes pertinent to provide nutrition education to the masses for improving the nutritional status of our children. Taking in view this situation the author has tried to study the nutritional status of primary school...



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