

NUTRITION OF CHILDREN AT AGE 2 - 14 IN MUNICIPALITY OF VELES

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Abstract

In this scientific paper will be elaborated the diet and its influence on growth and development of the children at age 2-14 and is first of this kind performed at the territory of Municipality of Veles. In a period a human biorhythm of changes nutrition and physical activity are crucially significant for the young people and especially the children. Every day we see children eating fast food, cakes, chocolates and other food that can make imbalance of acid - alkaline state of their bodies leading to obesity and malnutrition which is precursor to varieties of illnesses, allergies and diseases. Our greatest motive was to inspect the real situation of the obese and malnutrition of this population in Municipality of Veles which will give us the necessary parameters to do a local education on children's diet and nutrition. The objectives of this research are to inspect the eating habits of more and less liked food and children's nutrition.

Survey was conducted by questionnaire containing questions about children: nutrition and diet, physical activities and health. Respondents were 110 children (and/or their parents in dependence of age) aged from 2 to 14 years. By statistical analysis (descriptive statistics and simple linear regression and correlation) of the given data of the conducted electronic survey results are obtained for the diet such as food and beverages consumed, the activity level as well as their overall impact of the growth and health of the children. Also there are results of a behavioural diet of the children and how well those behavioural eating habits are satisfying the daily energy recommendations for macro and micro elements of a particular young adolescent organism.

Results of the survey are showing that everyday physically active are 37% of the respondents which is unsatisfying fact. 37% of the respondents are eating sweets every day. However, 38% of the respondents are drinking carbonated beverages rarely which gives impression of the balanced sugar daily input. Working hours and social life contributed to the fact that only 51% of the respondents have 3-4 meals per day. Also, we found that behavioural diet of the children depends on the family budget.

The results gained from this research will serve for local children and parent's education, preparation of nutrition guidelines for young populations in the Municipality of Veles and a chance for participation in international projects as well as making local child nutrition guidelines at the Municipality of Veles.

Key words: *Nutrition, Obese and malnutrition, Diet and nutrition, Behavioural eating habits, More and less liked food, Statistical analysis.*