Thesis Title

Nutritive Value of Food Intake and Growth in Weight and Height of Primary School -Children Who Consume Milk : a Case Study in Sisya Wattana School, Bangkok.

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Degree

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Master of Science (Public Health) major in Nutrition

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ABSTRACT

A cross-sectional study was conducted in Sisya Wattana school, Bangkok in 1991 to assess the milk consumption pattern of 404 students, compare the nutritive value of food intake and growth in weight and height of 72 milk consumers who took \geq 400 cc of milk daily and 40 non-milk consumers. The opinion about milk consumption was also taken from the schoolchildren.

This study showed that 90.10 percent of the schoolchildren consume milk but 54.46 percent inconsistently did so at small quantity. Only 17 percent children took \geq 400 cc (two glasses) of milk daily.

Data for nutritive value of food intake was obtianed by 3 days food record, which showed that milk consumers got more than 67% RDA of energy and nutrients while non-milk consumer received calcium, riboflavin and niacin less than 67% of the RDA. The average intake of protein, calcium, phosphorus, vitamin A and riboflavin in milk consumers were significantly higher than those who did not consume milk at P < 0.05, P < 0.001. The gain in weight and height after 4 months follow up were compared between two groups of children and it was not significantly different. The two groups of children had the same opinion that "Milk can replace the principle food" and some of the non-milk consumer had the opinion as "Drinking milk everyday makes the children fatty."

Although, the findings did not indicate that growth of children in weight and height who were effected by milk intake (\geq 400 cc per day) who were in middle economic status but milk consumption clearly showed the nutrient supplements in the schoolchildren. It is therefore, recommended that further study is necessary to assess the impact of long-term milk consumption on height of these schoolchildren.