GLOSSARY

- **Anthropometry** - the study and technique of taking body measurements, especially for use on a comparison or classification basis.
- **Arm circumference** - a measurement done on the mid-upper arm; a measurement used to assess total body muscle mass and, in some circumstances, protein-energy malnutrition.
- **Balanced diet** - a diet which provides all the nutrients in adequate quantities and in proper proportions as per the body needs.
- **Bitot’s spots** - foam-like irregular plagues on the conjunctive of the eye, often seen in vitamin A deficiency but not considered to be a characteristic deficiency again.
- **Calorie** - the unit of heat used in nutrition has been the kilocalorie, amount of heat required to raise the temperature of 1 kg of water from 15 °C to 16°C, abbreviated to Kcal or written with a capital C to distinguish it from the small calorie.
- **Child development** - a field of study devoted to understanding all aspects of human growth from conception through adolescence.
- **Childhood** - the period from infancy (about the end of second year) until puberty (about twelve years); childhood is more than just the time before a person is considered an adult. (UNICEF, 2005)
- **Child study** - a scientific study of children undertaken for the purpose of discovering the laws of development of the body and the mind from birth to manhood.
- **Cognition** - a process by which an organism becomes aware of or attains knowledge of an object - it includes perceiving, recognizing, reasoning and conceiving.
- **Creativity** - ability to see things in a new light, resulting in a novel product, the identification of a previously unrecognized problem, or the formulation of new unusual solutions.
- **Cretin** - a brain disease that causes gradual loss of control of the mind and body.
- **Cross-sectional study** - study design in which people of different ages are assessed on one occasion, providing comparative information about different age cohorts.
- Development - A process involving all many changes, both qualitative and quantitative, that occur during progress toward maturity
- Diet history - this method is useful for obtaining qualitative details of diet and studying patterns of food consumption household level at individual level.
- Emotions - subjective feelings, such as sadness, joy and fear which arise in response to situations and experiences and are expressed through some kind of altered behaviour.
- Enrichment - term applied to addition of nutrients to foods, beyond the levels of originally present
- Food - substances which are taken in by mouth which maintain life and growth, ie. supply energy and build and replace tissue
- Food insecurity - when people live with hunger and fear of starvation
- Food security - access for all, at all times, to a sustainable, affordable supply of nutritionally adequate and safe food for normal physical and mental development and healthy, productive lives.
- Fortification - is a food based method of delivery of micronutrients and not dry based method. Fortification is also an economic method of delivery of micronutrients
- Goitre - enlargement of the thyroid gland which is seen as a swelling in the neck, due to deficiency of iodine in the diet and to the presence of ‘goitrogens’ in certain foods such as brassicas and peanuts. Supplementation with an iodide often disallows the condition; hence the use of iodized salt
- Growth - the quantitative changes in the body or its dimensions that represent progress toward maturity
- Health - is a complete state of physical, mental and social well-being and not merely the absence of diseases or infirmity
- Haem - refers to the iron containing pigment which in combination with protein, forms the haemoglobin of the red blood cell (the iron is in the ferrous state)
- Haemoglobin - refers to the red colouring mattering of the red blood cell, which is composed of the protein globin, combined with an iron containing pigment, haem.
Human nutrition - is a complex, multifaceted scientific domain indicating how substances in foods provide essential nourishment for the maintenance of life.

Intelligence Quotient (IQ) - a score that permits an individual's performance on an intelligence test to be compared to the performances of other individuals.

Iodised salt - usually one part of iodide in 25,000 - 50,000 parts of salt.

Learning - long-lasting change in behavior that occurs as a result of experience.

Learning disability (LB) - Disorder that interferes with specific aspects of learning and school achievement.

Macronutrients - constitute the bulk of the diet and supply energy as well as essential nutrients needed for growth, maintenance, and activity. Carbohydrates, fats, proteins, and water are macronutrients.

Malnutrition - a nutritional disorder or condition resulting from faulty or inadequate nutrition; is a pathological state resulting from absolute deficiency or excess of one or more essential nutrients - undernutrition / overnutrition.

Memory - the storage and retrieval of the perceived information.

Metacognition - awareness and understanding of various aspects of thought that affect performance.

Microgram - one-thousandth part of a milligram; symbol - μg

Micronutrients - nutrients below 100 micrograms (μg).

Mid day Meal Scheme - Afternoon lunch is provided to government school going children in Tamil Nadu under this scheme.

Night blindness - Nyctalopia - inability to see in dim light through deficiency of Vitamin A. Dark Adaptation Test find use as an index of vitamin A deficiency, as night blindness is the first symptom.

Nutrition - is the science that interprets the relationship of food to the functioning of the living organism.

Nutrient requirement - can be defined as the minimum amount of the absorbed nutrient that is necessary for maintaining the normal physiological functions of the body.
Nutrients - are the constituents in food that must be supplied to the body in suitable amounts. These include carbohydrates, fats, proteins, minerals, vitamins and water.

Nutritional status -- is the condition of health of the individual as influenced by the utilization of nutrients.

Psychometric approach - an approach to cognitive development that focuses on the construction of tests to assess mental abilities.

Ratsoo package - a combination of selected food commodities in fixed amounts determined for the purpose of meeting nutritional needs or providing an incentive.

Recommended Dietary Allowances (RDA) is defined as the nutrient present in the diet which satisfies the daily requirement of nearly all individuals in a population.

Sample - a part or subset of the population used to supply information about the whole population.

Self-regulation - the process of continuously monitoring progress towards a goal, checking outcomes, and redirecting unsuccessful efforts.

Salt - usually refers to sodium chloride ie. Common salt or table salt.

Stunting - a slowing of skeletal growth that results in reduced stature or length; a condition that usually results from extended periods of inadequate food intake and infection, especially during the years of greatest growth for children.

Trace elements - refers to mineral salts which are needed in small amounts of the order of micrograms, milligrams per day.

Undernourished - is an indicator of the body size on weight for age which is sensitive measures of short duration malnutrition.

Variable - a condition subject to change; in research, a condition that can be manipulated experimentally.

Xerophthalmia - found in advanced vitamin A deficiency. Epithelium of the cornea and conjunctiva of the eye deteriorates due to impairment of the tear glands, causing dryness then ulceration.

Z-score is defined as the difference between the value for an individual and the median value of the reference population for the same age or height, divided by the standard deviation of the reference population.