MATERIALS AND METHODS

3.1 Selection of locale, baseline survey and selection of schools

3.2 Selection of Subjects/Respondents

3.3 Development of survey schedule

- Schedule for general information about the selected schools
- Schedule for data on mid day meal (through Authorities/teachers)
- Schedule for survey of subjects (MDM and NMDM children)
  - General profile
  - Diet survey
  - Food consumption frequency
  - 24 hours dietary recall method
  - Anthropometric survey
  - Haemoglobin survey
  - Clinical survey
  - Additional information on NMDM subjects
  - School attendance of girls
- Schedule for attitude/ opinion and knowledge related to MDM and nutrition-((for MDM beneficiaries, parents, school personnel)

3.4 Collection of data on schools and mid day meal

- General data collection about schools
- General data collection about MDM
- Recording of weekly menus of MDM
- Calculation of nutritive value of MDM

3.5 **Collection of general and dietary information about MDM and NMDM subjects (children)**

- General profile data collection
- Food consumption frequency survey
- 24 hour dietary recall (home diet)
- Calculation of nutrient composition of home diet
- Assessment of daily nutrient intake (home diet and MDM combined) and comparison with RDA

3.6 **Collection of anthropometric data and comparison with standards**

- Height
- weight

3.7 **Assessment based on Hb status**

- Cyanmethaemoglobin method
- Categorization of subjects as ‘anaemics’ and ‘non-anaemics’

3.8 **Clinical data collection and clinical based classification of subjects**

3.9 **Collection of data on school attendance of MDM and NMDM subjects and categorization into different levels**
3.10 Data collection on knowledge and attitude / opinion regarding MDM and other related nutritional aspects (data prior to nutrition counseling)

3.11 Development of communication material for nutrition counseling

3.12 Nutrition counseling

- Exposure to booklet
- Re-inforcement of nutrition knowledge through C.D

3.13 Data collection on knowledge after nutrition counseling

3.14 Score allotment and categorization of subjects into three knowledge categories

3.15 Comparison of pre and post exposure stages of nutrition counseling

- Assessment of gain in knowledge
- Assessment of actual gain in knowledge

3.16 Application of statistical tests for data analysis