Chapter 1: INTRODUCTION 1-24

1.1 School Age Children 1
   Middle childhood or late childhood (6-11 years) 1
   Physical and cognitive development in late childhood 2
   Early adolescence (11-14 years) 5
   Developmental changes in early adolescence (physical and cognitive) 6

1.2 Mid Day Meal Scheme (MDMS) 7
   Brief history of Mid Day Meal Scheme 9
   Prevailing scenario of Mid Day Meal Scheme 12
   Organizational structure of Mid Day Meal Scheme 14
   Implementation of Mid Day Meal Scheme 14
   Coverage and beneficiaries 14
   Possible benefits of Mid Day Meal Scheme 15

1.3 Nutritional Status 16
Assessment of nutritional status 17
Determinants of nutritional status 18
Stages of nutrient deprivation and identification methods 18

1.4 Academic achievement 20
Statement of the problem 22
Objectives of the study 22
Hypothesis 23
Significance of the study 23

Chapter 2: REVIEW OF LITERATURE 25-62
2.1 School age children (6 to 14 Years) 26
2.2 Mid Day Meal Scheme 29
2.3 Nutritional status of school children 36
2.4 Academic achievement of school children 51
2.5 Mid Day Meal Scheme and nutritional status of school children 54
2.6 Mid Day Meal Scheme and academic achievement of school children 58
2.7 Nutritional and academic achievement of school children 60

Chapter 3: METHODOLOGY 63-80
3.1 Locale of the study 63
3.2 Research design 66
3.3 Sample selection 68
3.4 Methodology 69
3.5 Anthropometric examination 73
3.6 Grading growth status
3.7 Clinical examination
3.8 Energy and protein estimation
3.9 Analysis of data

Chapter 4: RESULTS

Chapter 5: DISCUSSION
5.1 Profile of MDM and NMDM school children
5.2 Height and weight of MDM and NMDM school children
5.3 Nutritional status of MDM and NMDM school children
5.4 Academic achievement of MDM and NMDM school children
5.5 Prevalence of nutritional deficiency in MDM and NMDM school children

Limitation of the study
Future research area

Chapter 6: SUMMARY AND CONCLUSION

BIBLIOGRAPHY

ANNEXURES