

## **2.32 The effects of malnutrition of child population on human resource development: a case study in pre - child development institutions in Gampaha educational division**

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### **ABSTRACT**

Food and nutrition play a significant role in development of human resources. The future of a country highly depends on a well – nourished child population. For the creation of a highly productive population with physical and mental equilibrium, a balanced diet is needed. Obesity, secondary malnutrition due to lack of food intake and under nutrition are aspects of malnutrition. 30% of the child population was suffering from malnutrition during the period from 2000- 2004. Most children who are under five years of age do not receive enough nutrition and suffer from lack of iron, iodine and vitamin A.

The nutrition insufficiency is closely related with the consumption pattern and the composition of the meal. The objective of this study was to identify effects of problems of child nutrition on human resource development. This study was a case study. Data were collected through questionnaires, interviews and observations. The composition of the sample was 50 children between the ages one to five and from both sex. Special attention was given to patterns of breakfast and lunch of the child population and main components of the diet. Body Mass Index (BMI) was used to study the nutrition level of the children. Five directors of pre child development institutions and twenty mothers who come to those institutions with their children and the chief midwife of Gampaha District were interviewed. Due of the insufficient supply of nourished food; children are suffering from low level of cognitive skills, low level of activeness, low level of learning skills, drop in the resistances level to illness, absence of needed weight and height and low level of physical development.

**Key word** Malnutrition, Under nutrition, Cognitive skills, Body Mass Index