

A STUDY TO ASSESS THE KNOWLEDGE REGARDING RAINBOW NUTRITION AMONG MOTHERS OF UNDER FIVE CHILDREN IN SELECTED ANGANWADI, BENGALURU.

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ABSTRACT Introduction: *The Rainbow Diet is a colorful intelligent and intuitive system for putting together you're eating and living in a holistic way that brings you vitality, energy, and peace of mind. The Rainbow Diet is a comprehensive holistic health guide that helps you to understand the physical and energetic properties of foods through their colors. Every food and nutrient have a "color code"—you take a questionnaire, figure out which color you need, and the color syncs with different nutrients.* **Objectives:** *The study was conducted assess the knowledge regarding rainbow nutrition among mothers of under five children in a selected Anganwadi, Bengaluru.* **Methodology:** *One group pre-test research design was adopted to assess the knowledge of rainbow nutrition among mother's of under five children. The samples selected through convenient sampling technique. Data collected through structured knowledge questionnaire.* **Results:** *With regard to pretest level of knowledge it shows that, maximum 31(62%) respondents were having average knowledge, 10(20%) respondents were having poor knowledge and remaining 9(18%) of respondents were having good knowledge.* **Conclusion:** *The finding revealed that there is a need of nutrition education regarding rainbow among under five children mother's children.*

KEYWORD: Assess, Knowledge, Rainbow Nutrition, Anganwadi.

1. INTRODUCTION:

Nutrition is a critical part of health and development. Better nutrition is related to improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease), and longevity. Healthy children learn better. People with adequate nutrition are more productive and can create opportunities to gradually break the cycles of poverty and hunger.¹

Eat the rainbow' started in the early 2000's the USDA started a campaign encouraging people, especially children and adolescents to 'Eat the Rainbow'. the focus was to get a wide range of colors from fruits and vegetables on the plate.² The concept of rainbow nutrition involves eating fruits and vegetables of different colors of everyday. Rainbow diet has fruits and veggies with specific micronutrients that can support health and provide necessary anti-oxidants and anti-inflammatory molecules.³

The Rainbow diet is a diet that involves eating fruits and vegetables of different colors every day. The colors of the plants indicate the presence of different phytonutrients, or plant chemicals, that have various health benefits and antioxidant properties.⁴ The more naturally colorful your meal is, the more likely it is to have an abundance of cancer-fighting nutrients. Pigments that give fruits and vegetables their bright colors represent a variety of protective compounds. The rainbow diet can also help you to understand the physical and energetic properties of foods through their colors, and to choose the ones that suit your needs.⁵

Eating the rainbow involves eating fruits and vegetables of different colors every day. Plants contain different pigments, or phytonutrients, which give them their color. Different-colored plants are linked to higher levels of specific nutrients and health benefits. While eating more vegetables and fruit is always a good idea, focusing on eating a variety of colors will increase your intake of different nutrients to benefit various areas of your health.⁶

2. OBJECTIVES OF THE STUDY

- To assess the knowledge regarding rainbow nutrition among mother's of under five children at Anganwadi, Bengaluru.
- To find out the association between the pre-test knowledge scores and selected demographic variables.

2.1 HYPOTHESIS

H1: There will be significant association between socio demographic variables with knowledge score regarding rainbow nutrition among mothers of under five children Level of knowledge and practice after "eat the rainbow nutrition education intervention.

3. METHODS AND MATERIAL:

RESEARCH APPROACH:

In the present study, the investigator likes to assess the knowledge regarding rainbow nutrition among mothers of under five children at selected Anganwadi, Bengaluru. Hence the research approach adopted for this study is a descriptive research approach.

RESEARCH DESIGN:

The research design provides an overall blueprint to carry out the study. The research design used in this study is the Pre Experimental one group pre-test research design to assess the knowledge regarding rainbow nutrition among mothers of under five children at Anganwadi, Bengaluru.

SETTING: Anganwadi center.

SAMPLE SIZE: Total 60 mothers of under five children.

4.RESULT

Classification of subjects according to age, gender, religion, type of family, father's education, father's occupation, family income, dietary pattern is given in Table 1. The findings regarding age depicts that majority of subjects i.e. 34 (56.67%) belong to age group 3-4 years and 26 (43.33%) were 4-5years. 43 (71.67%) were female, 17 (28.33%) were male. 59 (98.33%) were Hindus, only 1(1.67%) was Muslim. 42 (70%) were from joint families, 18 (30%) were from nuclear families. 25(41.67%) had secondary education, 18 (30%) had primary education ,15 (25%) had higher secondary education and only 2 (3.33%) were illiterate. 37 (61.67%) were in private jobs, 16 (26.67%) were businessmen, 7 (11.67) had govt. jobs. 48 (80%) were having family income between Rs 5000-10000, 12 (20%) were having family income between Rs15000- 20000. 44 (73.33%) were non-vegetarian, 16 (26.67%) were vegetarian.

Table 1 Frequency and percentage distribution of mother's of under five children according to the level of knowledge regarding rainbow nutrition.

Sl. No.	Criteria	Frequency (F)	Percentage (%)
1	Poor (0-10)	18	26.19
2	Average (11-20)	33	57.15
3	Good (21-30)	10	16.66

Table-1 Show that overall knowledge score of the adolescents i.e., 33 (57.15%) had average knowledge, 18 (26.19%) had poor knowledge, 10 (16.66%) had good knowledge regarding rainbow diet.

According to knowledge of mother's of under five children regarding rainbow diet with selected socio-demographic variables.

Mean score of knowledge found to be 16.12, mean (%) 53.73, SD 4.29, CV(%) 26.61. revealed that there was significant association of knowledge score regarding rainbow nutrition among mother's of under five children with socio-demographic variable i.e., type of family, family income, dietary pattern as the chi-square value 6.64, 6.11, 7.89 was greater than table value 5.99 at 0.05 level of significance. Hence hypothesis (H1) was accepted with regards to variable i.e., type of family. However, hypothesis (H1) was rejected regarding socio demographic variables i.e., age, gender, religion, father's education, and father's occupation, as the chi-square values 0.25, 1.37, 3.05, 1.91, and 5.87, were less than table values and 5.99 at 0.05 level of significance respectively.

5. CONCLUSION:

The findings of the study revealed that out of 60 samples 33 (57.15%) had average knowledge, 18 (26.19%) had poor knowledge, 10 (16.66%) had good knowledge regarding rainbow nutrition.

6. IMPLICATION NURSING PRACTICE:

Nursing practice Nursing professionals working in various institutional set up, especially in hospital and community setting should provide adequate knowledge to health care personal working at these setting regarding rainbow nutrition for prevention of malnutrition. The findings of the present study have implications in nursing practice, nursing administration, nursing education and nursing research.

7. RECOMMENDATION

In the light of the study, the investigator proposes the following recommendations for future research.

- A similar study can be undertaken with larger sample size to create awareness among mother's regarding rainbow nutrition.
- A study can be conducted on benefits and importance of rainbow nutrition.

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