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**IMPACT OF MOTHER EMPLOYMENT ON THE NUTRITIONAL STATUS
OF SCHOOL CHILDREN**

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ABSTRACT

Providing nutrition instruction to children as early as possible is critical to ensuring that they grow up to be healthy adults. Strength, mental vigour, and a healthy lifestyle are all dependent on a child's diet while in school. To improve their physical and mental capacities, this is the most sought-after time period. Being malnourished happens when the body doesn't get the necessary nutrients. It's possible that malnutrition produced by a poor diet can't be reversed because of the long-term effects it has on health and development. Lack of weight for height (wasting), stunting, and a low body mass index (BMI) are all signs of malnutrition, especially in children. As many as 34 to 62 percent of school-aged children in poor nations are underweight or stunted. Uneven distribution of food in the household, improper storage and preparation of food items, and dietary taboos all contribute to undernourishment in children.

Due to long-term deprivation, lack of sufficient child care, as well as poor environmental and socio-economic circumstances, under nutrition may occur. Malnutrition has been linked to increased mortality and morbidity, as well as a decline in cognitive function, academic performance, and intellectual capacity. Child malnutrition is the leading cause of death among school-age children in underdeveloped nations and a major contribution to the global illness burden. Anthropometric measures are often used to gauge an individual's and a population's growth, health, and well-being. In order to identify those in the community who are at risk of malnutrition, anthropometric comparison studies are valuable tools.