

## **Knowledge and Practices of Punjabi Rural Mothers Regarding The Feeding of Rural Pre-School Children**

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**ABSTRACT** A sample of 47 rural pre-school children were selected from two villages of Ludhiana district and divided into two groups viz. Nutrition Education Group (NEG) and Control Group (C.G.) Nutrition education was given to 24 mothers of the children of NEG for three months to modify and improve the diets of their children. Teaching methods used were lectures, participatory demonstration and discussion. Visual aids, poems and folklore were utilised to make learning interesting and effective. The results indicated that the gain in knowledge, attitudes and practices of mother were higher in the NEG as compared to CG. It was further observed that the quantum of improvement of the knowledge, attitudes and practices were 3.39, 1.12 and 1.77 times, respectively in the NEG. The data further reported that there was adoption of desirable practices by mother belonging to NEG. There was also change in the feeding practices of children in the NEG. The finding of the present study indicated that the mothers of NEG had learnt to a considerable extent but the interaction with them needs to be for a much longer time to bring about all desirable changes.