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## ABSTRACT

The main aim of the present investigation was directed to assess women knowledge and practices about meal planning and symptoms of nutritional diseases among preschool children in one village at Giza Governorate (Abo-sir village). It was intended to find out the relationships between some characteristics of rural women, rural family and physical status of preschool children and prevalence of nutritional diseases among preschool children. Two hundred preschool children suffering from nutritional diseases chosen from healthy unit center and their mothers and one hundred of older brothers or sisters read and write. The most important results could be summarized as follow:

- The majority of women under study were illiterate and housewives.
- The majority of women offered the best food to the husband.
- The majority of preschool children under study didn't intake enough of minerals and vitamins.
- The anthropometric measurements of these children were relatively low.
- The most prevalence of nutritional diseases were iron deficiency anemia, vitamin B2 deficiency and protein energy malnutrition among children over two years.
- Significant positive correlations were found between nutritional diseases among preschool children and their symptoms.
- Highly significant negative relationship between regularity of food intake, increase inters pregnancy spacing between children and protein intake and level of clear symptoms about PEM.
- Highly significant negative relationship between vegetables intake and quantity of food intake and prevalence of iron deficiency anemia.
- Highly significant negative relationship between carbohydrate intake and vegetables intake and prevalence of vitamin B2 deficiency.
- About the evaluation of the effect of nutrition education program for mothers and older children it was found clear improving in the rural women and older children knowledge and practices toward the therapeutic nutrition among the preschool children.

نموذج رقم (٤)

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عنوان الرسالة : تقييم معارف و ممارسات المرأة الريفية بالتغذية العلاجية لأطفال سن ما قبل المدرسة

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اشتملت الدراسة:-

تقييم معارف و ممارسات المرأة الريفية عن كيفية تكوين وجبات متزنة لأطفال سن ما قبل المدرسة و كذلك معارفهن الخاصة بأعراض أمراض سوء و نقص التغذية المنتشرة بين هؤلاء الأطفال في قرية (أبو صير) بالبرشين بمحافظة الجيزة. و تحديد العلاقة بين انتشار أمراض سوء و نقص التغذية بين هؤلاء الأطفال و بين بعض الخصائص الاقتصادية و الاجتماعية للأمهات و الأطفال و الأسرة. و قد تم اختيار عينة البحث بالطريقة العمدية حيث شملت الدراسة ٢٠٠ طفل مصاب بأمراض سوء و نقص التغذية و ٢٠٠ مبحوثة يمثلون أمهات هؤلاء الأطفال و ١٠٠ طفل يمثلون الأخوة الأكبر سنا من الطفل المبحوث ممن يجيدون القراءة و الكتابة.

و يمكن تلخيص أهم النتائج كما يلي:

- معظم المبحوثات أميات و ربات منزل.

- الغالبية العظمى من المبحوثات يفضلن تقديم أفضل أنواع الأطعمة للزوج.

- الغالبية العظمى من الأطفال المبحوثين لا يحصلون على إحتياجاتهم من الفيتامينات و المعادن.

- وجود علاقة ارتباطية بين انتشار أمراض سوء و نقص التغذية و مدى وضوح أعراضها.

- وجود علاقة معنوية سلبية عالية بين الانتظام في تناول الوجبات و زيادة فرق السن بين الطفل

المبحوث و ما قبله من أطفال و البروتين المتناول و مدى وضوح أعراض الإصابة بمرض

نقص البروتين و الطاقة.

- وجود علاقة معنوية سالبة بين المتناول من الخضروات و كميات الطعام المتناول و انتشار

أنيميا نقص الحديد.

- وجود علاقة معنوية سالبة بين تناول الأطعمة الكربوهيدراتية و تناول الخضروات و إنتشار

أعراض نقص فيتامين ب٢.

- و بتقييم الأثر التعليمي لبرامج التثقيف الغذائي المقدمة للمرأة و الطفل اتضح و جود تحسن

واضح في معارف و ممارسات الأمهات الريفيات و الأطفال الأكبر سنا من الطفل المبحوث تجاه

التغذية العلاجية لأطفال سن ما قبل المدرسة.

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