

## **DAILY NUTRIENT CONTRIBUTION OF MEALS SERVED IN THE HOME GROWN SCHOOL FEEDING OF OSUN STATE, NIGERIA**

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Abstract:

Purpose – The Home Grown School Feeding and Health Programme (HGSHP) in Nigeria provides primary school pupils across the country with one meal daily. The purpose of this paper is to standardize the HGSHP meals in Osun State and determine the energy, protein and mineral contribution to the school children's daily nutrient intake.

Design/methodology/approach – All the HGSHP meals served school children were studied. Questionnaire, standardization of recipe and chemical analysis were employed to evaluate the HGSHP meals and to suggest improvement.

Findings – All the meals were cooked. Dishes composed of a mixture of a legume (cowpea) commonly called beans, a cereal (maize or rice) or tuber (yam) taken with a soup or stew and fish or egg. The bean meals were high in protein and carbohydrate. All the dishes had very low zinc content and did not meet 30 per cent of the school children's daily zinc requirements.

Originality/value – This paper may be the first to evaluate the nutritional contribution of school meals in Nigeria.