**Role of Nutrition Education in Combating Health Problems among Children**

Abstract

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Children are the most precious assets of our country, so their health should be a supreme priority for society. Developing countries like India facing problems of malnutrition for many reasons, but there are also solutions. Nutrition education is one of the strategies to resolve the health problems for school-age children. Therefore, the objective of the study is to find out the impact of nutrition education on their health and to identify suitable means for imparting nutrition education among school-going children. Secondary data was collected to find out the best practices to impart nutrition education, and primary data was used to assess the existing nutritional knowledge of children with the help of a self-structured questionnaire. The major findings showed that there was a negative correlation between nutrition knowledge and health problems. The study suggests important means for imparting nutrition education through curriculum content and extracurricular activities to improve the health status of the future generation.

**Key Words**: School children, Nutrition education, Health problems,