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## Introduction

The treatment of malnutrition, as well as its prevention, among fewer than three children require consumption of nutritious food, including exclusive breastfeeding for the first 6 months of life and in combination with complementary foods thereafter till at least 24 months of age, an hygienic environment (clean drinking water, sanitary facilities), access to preventive (immunization, vitamin A supplementation etc) as well as curative health services, and good (prenatal) care. In this paper, the focus is on possible options for providing a nutritious diet, realizing the constraints faced by children below three who lack diet in nutrition.

The first year of life particularly the first 6 months is the most critical period in a child's life. Breast feeding is the prerequisite for child's survival throughout the critical period of life [1]. Breast milk is adequate to meet the energy and nutrient requirements of an infant upto four to six months of age. Thereafter, milk alone is no longer sufficient to meet its nutritional requirements. 70% of energy requirement of a child is met by breast milk alone. Calories and other nutrients are needed to supplement the milk until the child is ready to eat only adult foods [2]. At this stage, weaning is initiated. It's observed that calorie protein malnutrition among infant are prevalent in many parts of India and is mainly due to inappropriate and inadequate feeding practice and ignorance of mother [3].

Hence, introduction of weaning foods along with breast feeding is necessary to infants from the age of 4-6 months onwards. Supplementation of adequate nutrients and calories to young babies prevents malnutrition. There are a number of commercial weaning formulas, which are being used by mothers now-a-days overlooking the high nutritive value of locally available millets and cereals. Hence this present study is taken up by the researcher to see the feasibility of "Development of weaning biscuits for fewer than threes". Hence the researcher performed the work in the following way.

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presented to the panel members. Later, they were asked to fill with tick marks according to their sensory evaluation.

## **Results and Discussion**

### **Standardization of weaning foods**

Biscuits are made and standardized in the lab. To this, sugar and skim milk powder were added to increase the nutritive value and sugar also played the role of calorie increase. The overall cost of the biscuits worked out to be Rs 7.50/-

### **Nutritive value**

With the changes made in nutrient composition in the different biscuits, there were some changes in the villages in protein content. In Venkata Reddy Palem, a poor village where, a very few mothers (5%) used commercially weaning foods, the cost of developed recipe

was compared with commercial weaning foods and it was said to be cheaper than the marketed product (Table 2).

Pasricha [4] reported that an Indian young toddler could satisfy his energy needs if fed with a normal Indian pulse and therefore we have an urgent need to devise ways of making infant/toddler have diets as rich as possible with time costs, fuel and utensil constraints that operate in a poor home.

- The cost of developed weaning biscuits is very cheap (34 paise/ biscuit of 83g vs 60 paise / biscuit of same weight). 1.
- Of all the 4 varieties, the 2nd recipe is high in protein as it had high green gram amounts.

### **Acceptability**

- All the 4 varieties of the biscuits are well accepted by the experts in lab, and by children and mothers in the field trial.