CONTENTS

CHAPTER-I: INTRODUCTION AND OBJECTIVES 1-4

CHAPTER-II: REVIEW OF LITERATURE 5-65

1. FOOD SECURITY 5-16
   - Definitions
   - Nutrition Security
   - Food And Nutrient Security
   - Household Food Security

2. MEASUREMENT OF FOOD SECURITY 16-28
   - Importance Of Measuring Food Security
   - Food Policies
   - Modules

3. FACTORS INFLUENCING FOOD SECURITY 28-44
   A1. National level
   - Population
   - Agricultural Productivity
   - Environmental Factors
   - Food Distribution Pattern
   - Food Availability

   A2. Family level
   - Education
   - Socio economic status
   - Culture
   - Gender Dimensions Of Food And Nutrition Security
   - Eating Behaviour
   - Nutritional Status And Food Security

   Others
   - Role of family
4. FOOD SECURITY AND NUTRITIONAL STATUS 44-52
   • Nutrient Intake
   • Nutrient Deficiencies
   • BMI

5. LIFE STYLE PATTERN 52-55
   • Quality Of Life
   • Physical Activity

CHAPTER-III: METHODOLOGY 56-65

CHAPTER-IV: RESULTS AND DISCUSSION 66-146

CHAPTER-V: SUMMARY AND CONCLUSION 147-155

REFERENCES 156-178

APPENDICES

Appendix -A: General Information
Appendix-B: Dietary Assessment (Dairy Technique
Appendix-C: Ready Recknor for Foods As Served
Appendix-D: HEC Consent letter
Appendix-E: Socio Economic Scale
Appendix-F: Tables used for figures