

A Study of the Role of Nutrition in Determining the Immunity of the Body among 9th std students of Thakur Vidya Mandir School, Kandivali East, Mumbai

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Abstract: *The present study aims to study the role of nutrition in Determining the immunity of the body among 9th std students of Thakur Vidya Mandir School, Kandivali East, Mumbai*

For the present study, a questionnaire is used to collect data from 9th-standard Thakur Vidya Mandir School, Kandivali East, Mumbai students.

Nutrients are substances that provide energy and physical components to the organism, allowing it to survive, grow, and reproduce. Each stage of the body's immune response relies on the presence of many micronutrients. Examples of nutrients that have been identified as critical for the growth and function of immune cells include vitamin C, vitamin D, zinc, selenium, iron, and protein (including the amino acid glutamine). The purpose of this study was to examine school students' eating habits and knowledge of nutritional requirements for health.

The purpose of this study is to better understand the factors that impede healthy eating behaviors among students. We utilized the information from a group of students and determine what changes occur in eating behavior after embracing a healthy diet. During the analysis, the sample was grouped by different stud

Keywords: Study, School, Student, Nutrition, Immunity

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