

## A SURVEY ON NUTRITIONAL KNOWLEDGE OF MOTHERS IN ALGERIA

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The nutritional education of mothers intended to improve their knowledge and change their attitudes and practices to make them consistent with the recommendation.

**Aim:** To improve the nutritional status of their child, as a model KAB (knowledge - attitude - Behaviour ).

**Methodology:** An interview survey with a tape questionnaire with 23 items on basic nutritional knowledge of mothers

**Results:** 100 mothers aged 23 to 50 years were interviewed:

80% had 1 to 2 children.

48% of mothers get the information through their personal relationships.

83% of mothers do not know that the health record should contain information on nutrition.

Overall mothers are unaware of the deficiencies in Vitamin A and iron and their relationship with malnutrition.

43% are well informed about breast-feeding to prevent infections.

82% of mothers stop breastfeeding at 3 months because they were at work or lack of milk.

They introduce gluten at 4 months disregard of the recommendations.

**Conclusion:** This study demonstrates poor knowledge of food practice for mothers and hence the interest of strengthening the program to inform mothers about the nutritional recommendations made in the health book.