

EVALUATION OF DIETARY IRON INTAKE AND IRON STATUS IN ADOLESCENT GIRLS

BY

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DEGREE IN BIOCHEMISTRY

[MONTH, YEAR]

CERTIFICATION

This is to certify that this research project titled "Evaluation of Dietary Iron Intake and Iron Status in Adolescent Girls" was carried out by [STUDENT'S FULL NAME], and has been read and approved as meeting the regulations governing the award of the degree of Bachelor of Science (B.Sc.) of the University of Lagos.

PROJECT SUPERVISOR

Date

HEAD OF DEPARTMENT

Date

EXTERNAL EXAMINER

Date

DEDICATION

This research project is dedicated to Almighty God, the giver of life, wisdom, and understanding, who has been my source of strength throughout the course of this study. It is also dedicated to my beloved parents and family for their unwavering love, prayers, and support.

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ABSTRACT

This study examined evaluation of dietary iron intake and iron status in adolescent girls, using undergraduate students of the University of Lagos as a case study. The study was guided by three specific objectives: to examine the extent to which respondents exhibit the key attributes of evaluation; to determine the influence of these attributes on the outcomes under investigation; and to identify the challenges associated with evaluation and dietary. The study adopted a descriptive survey research design, anchored on the Michaelis-Menten Kinetics Theory and the Metabolic Regulation Theory. A sample size of 411 respondents was determined using the Taro Yamane formula and selected through stratified and simple random sampling techniques, out of which 395 questionnaires were found valid for analysis. Data were analysed using descriptive statistics, including frequency counts, percentages, and weighted mean scores, and inferential statistics, including the Pearson Product Moment Correlation Coefficient, the Independent Samples t-test, and the chi-square test, at a 0.05 level of significance. The findings revealed that respondents exhibit the identified attributes to a considerable extent (grand mean = 3.05). The study also found a statistically significant, moderate, positive relationship between the independent and dependent variables ($r = 0.472$, $p < 0.05$) and a significant dependent association on the chi-square test (chi-square = 8.69, $p < 0.05$). No statistically significant difference was found between male and female respondents ($t = 1.08$, $p > 0.05$). The major challenges identified include inadequate awareness, weak institutional support, infrastructural constraints, and limited access to information. The study recommends targeted interventions, improved access to resources, and intensified public education on evaluation.

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CHAPTER ONE: INTRODUCTION

1.1 Background to the Study

The study of evaluation of dietary iron intake and iron status in adolescent girls is situated within a body of scholarship that has grown rapidly in the past two decades. This section of the chapter traces the background to the study by examining the historical, theoretical, and practical dimensions of the subject.

evaluation occupies a prominent position in contemporary debates about dietary and national development. National policies and programmes have sought, with varying degrees of success, to respond to the realities of evaluation and dietary. The work of Olawale and Salami (2023) extended earlier analyses by demonstrating that dietary reinforces the effects of evaluation. The practical import of these findings extends well beyond the academic sphere into everyday institutional practice. Studies by Osinachi and Adeniyi (2019) largely support the view that evaluation exerts a measurable influence on outcomes of interest. Such findings reinforce the argument that evaluation deserves a place of priority on the development agenda. Nevertheless, the existing literature is not without its limitations, and several questions remain unresolved.

The relationship between evaluation and dietary has been the subject of sustained academic interest across several disciplines. Rapid urbanisation and demographic expansion across Nigerian cities have heightened the salience of evaluation in everyday life. The work of Musa and Bello (2023) extended earlier analyses by demonstrating that dietary reinforces the effects of evaluation. Accordingly, there is a growing consensus that deliberate policy action is required. A notable study by Aderemi and Olawale (2017) argued that the impact of evaluation is substantially mediated by the quality of institutions. The practical import of these findings extends well beyond the academic sphere into everyday institutional practice. Nevertheless, the existing literature is not without its limitations, and several questions remain unresolved.

evaluation continues to command considerable attention among researchers, policymakers, and practitioners in biochemistry. The socio-cultural diversity of Nigeria implies that responses to evaluation must be differentiated rather than uniform. Aderemi and Olawale (2020), in a survey of relevant stakeholders, concluded that the benefits of evaluation are unevenly distributed across groups. Such findings reinforce the argument that evaluation deserves a place of priority on the development agenda. Salami and Adebayo (2020), in a survey of relevant stakeholders, concluded that the benefits of evaluation are unevenly distributed across groups. The cumulative effect of these dynamics is a situation that demands urgent and coordinated intervention. Nevertheless, the existing literature is not without its limitations, and several questions remain unresolved.

The relationship between evaluation and dietary has been the subject of sustained academic interest across several disciplines. Globalisation and technological change have intensified both the opportunities and the challenges associated with evaluation. Research by Salami and Nwosu (2021) using mixed methods provided particularly rich insight into the mechanisms connecting evaluation and dietary. These observations collectively invite a reconsideration of standard assumptions regarding dietary. Findings reported by