

## INTRODUCTION

The problem of malnutrition in the developing countries has been receiving increased attention during the past four decades. There have been many international conferences on nutritional problems. The number of people in the world suffering from kwashiorkor, marasmus, keratomalacia, anaemia, goitre and rickets run into several million. Goplan , (1977).

Among the faced health problems in almost all developing countries including Egypt is the problem of malnutrition which reflects itself on the picture of growth and development among the population.

Bland (1984) said that : we must use all possible means to put across the life-saving message that Good Food means Good Health.