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Establishment of nutrition gardens for nutrition security

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ABSTRACT

The present study was taken up to study the influence of establishment of Nutrition gardens on nutrient security of the selected farm families. The findings of the study indicated that the establishment of Nutrition garden influenced the anthropometric measurement, degree of malnutrition and consumption of trace elements. In case of anthropometric measurement per cent, increment was observed in height, weight and per cent, standard weight for height among adult women, children from 1-12 years of age and adolescent girls of 13-18 years. The frequency of consumption of protective foods was increased markedly while there was small increase in consumption of staple foods. Slight increase in mean nutrient intake per consumption unit was also noted. Maximum increment in adequacy was noticed for iron(11.58%) followed by fat intake (7.39%).

Key words : Nutrition garden, Nutrition security, Anthropometric measurement.

INTRODUCTION

Vegetables are an essential part of the diet throughout the world. Vegetables along with fruits are excellent sources of minerals and vitamins and enzymes. The minerals and vitamins are micronutrients required in small quantities. Though they are required in small quantities, these nutrients govern many functions of metabolism, reproduction, immune mechanism and intelligence. A large number of people worldwide, consume inadequate amount of vegetables and fruits which are rich sources of micronutrients. The deficiency of micronutrients leads to serious health complications. Increase in the production of vegetables can be basic approach to prevent micronutrient deficiencies (Vijaya raghvan, 1994). Establishment of nutrition gardens in the space available near house or in the field can promote the production of vegetables and fruits. In terms of achieving national food and nutrient security, horticultural production has to be increased to supply adequate quantities of nutrients. Nutrition garden can take care of multiple deficiencies. It helps to adopt dietary modification at house hold level. In long term modification of diet can prove the best strategy to eliminate micronutrient deficiencies. The extensive

studies on food consumption pattern done by NNMB (1989) in 10 states of India indicate that only upper and middle income groups in urban areas consume the vegetables as per RDA. Where as intake of vegetables among lower income groups in urban and all income groups in rural areas are below the minimum recommended levels. In view of increasing the micro nutrient security of rural population and to overcome the prevailing micronutrient deficiency diseases, development of nutrition gardens is an easily adaptable technology. Hence, the nutrition gardens were established in village to assess the nutrition security among rural population.

MATERIALS AND METHODS

For establishment of nutrition gardens, 30 families were selected from a village Wangi of Parbhani district of Maharashtra who were having the facility of irrigation and space for the garden behind the house or near the house in their fields. The selected families were trained by giving talk and demonstration for preparation of land of the nutrition gardens. The crops to be taken in the garden mainly depended on the size of the garden and the choice of the family. Season wise monthly calendar for cultivation