

## **Seasonal Variations in Nutrient Intake of Children Belonging to Plantation and Agricultural Labour Families**

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**ABSTRACT** The influence of seasonal variations in food consumption and nutrient intake of children was examined among plantation and agricultural labour families in Balehonnur town, Chiekmagalur District in Karnataka. The study was conducted for period March to October comprising of dry and wet seasons. From the total number of school children surveyed (240), a randomly selected sub sample of diet of 20 children from each group in two seasons were analysed for calorie, protein, fat, calcium, iron and ascorbic acid. The calorie intake of both plantation and agricultural labour group children was found to be inadequate. The intake of protein, calcium, iron, ascorbic acid and carotene was more in plantation labour group children. Seasonal difference in calories, protein and fat were not found. However, the intake of calcium, iron and ascorbic acid was increased in wet season in both the study groups and this is due to increased consumption of green leafy vegetables and locally available fruits which are freely available in the farm and plantations.