



Agricultural extension, an effective strategy in improving food security in rural communities

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One of the most important human needs is benefiting from desirable food sources. Unfortunately, the majority of which approximately one-quarter of the world's population living in developing countries are suffering from chronic malnutrition. Protein and calorie deficiency is a major cause of child mortality in developing countries and threatening the lives of the most vulnerable section of society. Food security when achieved that all people have access to enough, healthy and nutritious food in terms of quality and quantity and they can provide an active and healthy life through their food needs and priorities. In Iran, although level of dietary energy consumption per capita is relatively desirable, but 2/7 million people, equivalent to 4 percent of the population are suffering from malnutrition. However, in many cases, malnutrition is not due to low income, but because of the lack of knowledge of the principles of nutrition. Indeed, the quality of every nation food is in direct correlation with health issues and nutrition awareness level as well as economic strength and food habits of people. Rural section with a significant percentage of the population and playing a central role in the production and economic growth, because of lack of an appropriate level of education and awareness on nutrition, lack of adequate access to information resources and some socio – cultural issues, in terms of nutrition and food security have an inappropriate situation than urban sections, that there is a need for more attention to this subject in rural sector. Agricultural extension and education can play a central role in this context that using different educational and informing strategies, can improve the knowledge, skills and attitude of this group. According to the importance of subject, this paper attempt to analyze the role of agriculture extension and education to improve food security in the rural communities.

Key Words: Food Security, Nutrition, Agricultural Extension and Education, Rural Communities