

## ASSESSING FOOD CONSUMPTION BEHAVIOUR RESILIENCE OF A VULNERABLE PADDY FARMING COMMUNITY IN THE FACE OF CLIMATE VARIABILITY: A CASE STUDY OF MAMUNUGAMA VILLAGE, IN KURUNEGALA

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The paddy farming sector is highly vulnerable sector to climate change. Climate change causes adverse impacts on the paddy farming sector, and it creates a threat to food security within the community. The objectives of the study were the identifying the status of the impact of climate change on paddy production in *Mamunugama* village, identify the food consumption behaviour within the community, and the factors affecting food consumption behaviour due to climate variability. The primary data were collected from randomly selected 47 paddy farming households through the pre-tested structured questionnaire. Food consumption behaviour was determined using the 24-hour dietary recall method. Data were analysed using descriptive and regression analysis techniques. The results revealed that decreasing rainfall, increasing rainfall, the unpredictability of seasonal rainfall, and increasing temperature were experienced by 100% of paddy farming households. Dietary diversity has been identified as a key element of high-quality diets. The dietary 24-hour recall involved an in-depth interview where the previous day's intake was described. The use of 12 food groups were considered by the respondents for 06 main food courses: breakfast, morning snacks, lunch, evening snacks, dinner, and snacks after dinner. Based on the results, the majority of farm households perceived significant difference of food consumption behaviour within the community. There was significant difference of food consumption behaviour within the community between age, gender, education level, experience of farming, cultivating land extent, and income level. Although there is a significant difference between the climate change and food consumption behaviour within the community it is important to launch a long-term evaluation to determine the impacts of climate variability with the food consumption behaviour.

**Keywords:** Climate change impacts, Food consumption behaviour, Paddy farming community