

RESEARCH NOTE

Food Habits, Consumption Pattern and Storage Practices followed by Rural Families

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INTRODUCTION

Among the basic needs, food is the prime factor for health of human being. In India, providing food for the teeming millions has become a difficult task. Even if adequate food is produced, we may still fall short of production due to faulty storage. The problem is higher in rural area where the mass of country lives. Due to lack of knowledge, the villagers are still adopting the non-scientific ways of food grain storage. Also food consumption among them is not as per recommendation. Therefore, the present study was carried out with following objectives :

- i. To find out existing food habits of rural families
- ii. To study the storage practices adopted by rural families
- iii. To assess the food consumption pattern of rural families

METHODOLOGY

A sample of 80 respondents was purposively selected from village 'Magarwada', district Banaskantha. The village Magarwada was a centre selected by the Department of Home Science Extension to carry out its various extension activities. Frequency and percentage were applied in order to draw the conclusions.

RESULTS AND DISCUSSION

The data regarding daily menu pattern in Table 1 reveal that most of the respondents to take tea-chapati (65.00 per cent) in morning, Chapati-sabaji (70.00 per cent) in lunch, tea only (58.75 per cent) in afternoon and Khichadi-milk-sabaji (56.25 per cent) in their dinner. It was also noted that 12.50 per cent respondents were found not taking any food in the afternoon.

As regards the seasonal menu pattern of respondents, Table 2 show that majority of the respondents' selection of food for winter season was Bajara chapati-sabaji (45.00 per cent). For summer season, the selection was Khichadi-milk/butter milk (43.75 per cent). The choice for monsoon season was Chapati-sabaji (51.25 per cent).

Looking to grain storage system, Table 3 indicate that 45.00 per cent respondents used gunny bag to store their grains.

In case of average food consumption pattern, it is clear from Table 4 that average cereal consumption among the villagers was 434.4 gram/person/day as against the recommended rate of 475 gram/person/day. Consumption of pulses in their diet was found as half of the recommendation indicating lack of knowledge about nutritive value of pulses in their diet.

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Table 1. Daily menu pattern of respondents

(n = 80)

Sr. No.	Time	Food Choice	Respondents	
			Frequency	Percentage
1.	Morning	Tea only	04	05.00
		Tea-chapati	52	65.00
		Milk-Chapati	12	15.00
		Other foods	12	15.00
2.	Lunch	Chapati-Sabaji	56	70.00
		Chapati-dal-rice-sabaji	18	22.50
		Chapati-dal/Kadhi	06	07.50
3.	Afternoon	Tea only	47	58.75
		Tea-Chapati	17	21.25
		Chapati-Sabaji	06	07.50
		No habit	10	12.50
4.	Dinner	Khichadi-milk-Sabaji	45	56.25
		Chapati-milk-sabaji	30	37.50

Table 2. Seasonal menu pattern of respondents

(n = 80)

Sr. No.	Season	Food Choice	Respondents	
			Frequency	Percentage
1.	Winter	Bajara Chapati-Sabaji	36	45.00
		Bajara Chapati-dal/Kadhi	32	40.00
		Other foods	12	15.00
2.	Summer	Chapati-Sabaji	33	41.25
		Khichadi-milk/Butter milk	35	43.75
		Chapati-dal-rice-sabaji	12	15.00
3.	Monsoon	Chapati-Sabaji	41	51.25
		Chapati-dal-rice-sabaji	32	40.00
		Other foods	07	08.75

Level of vegetable consumption was found very low i.e. less than the half quantity of the recommendation. So far as fat and oil consumption were concerned., it was found as per recommendation. The quan-

tity of milk consumption was found slightly higher than the recommendation may be due to the sufficient quantity of milk production at their homes.

Table 3. Grain storage system followed by respondents

(n = 80)

Sr. No.	Storage system	Respondents	
		Frequency	Percentage
1.	Gunny bag	36	45.00
2.	Mud kothi	28	35.00
3.	Gelvanised beem/RCC Kothar	16	20.00

Table 4. Average food consumption pattern of respondents

Sr.No.	Item	Type of Food (gm/person/day)					Total
		Cereals	Pulses*	Fat and Oil	Milk	Vegetable	
1.	Average consumption	434.4	40.5	37.9	235.2	123.9	871.9
2.	Recommendation	475.0	80.0	40.0	200.0	300.0	1095.0

IMPLICATIONS

Most of the respondents used only gunny bags for grain storage. Secondly, their diet was found lacking in the various nutrients viz., pulses, vegetables. Hence,

various welfare agencies need to explain the rural families about the scientific storage and also the importance of pulses and vegetables in diet.