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**THE FOOD CONSUMPTION PATTERN OF THE FAMILIES IN KALLIYOOR VILLAGE, NEMOMI N. E. S. BLOCK**

The nutritional status and the nutritional problems of the families in the area were assessed from randomly selected samples of 50 families adopting interview method with a pretested schedule. The main occupation of the villagers was Agriculture and 85% of the families had a monthly income of Rs. 200 or below. Seventyfive per cent of the families spent more than 81 % of the income on food which included the amount spent in hotels by the working members of the family. None of the families has religious or sentimental objections for non vegetarian food Rice is the staple food and is preferred by the families to any other cereal or tubers. Fruits and vegetables are consumed in small quantities only from once to thrice a week. This includes bhindi, brinjal, plantains, cucumber and bittergourd. Next to rice, tapioca is the staple food of the villagers and wheat is not popular. The consumption of milk and milk products is negligible. Fish is regularly consumed by all the families but meat was seen used by 6 families only. The food, except cereals, are consumed less than the commended levels. The calorie intake is mainly derived from carbohydrates and is in-adequate. Tapioca in Vitamin C is consumed in excess. The breast feeding of babies commence from 3 days after delivery. The rate of feeding depends on how free the mother is and how frequently the child demands. The children are breast fed for 1, 2 and 3 years by 45, 25 and 30 per cent of the women respectively. Duration of breast feeding is influenced by family tradition, convenience, economy and consideration of the health of the child. Weaning is not determined on the basis of the optimal time for it. The reasons for late weaning are mother's ignorance of the appropriate time and the prevalence of belief that the child should be able to pick up food on its own before weaning. Many babies continue breast feeding even after weaning.

**സംഗ്രഹം**

വെള്ളാശ്ശേരിയിൽ കല്ലിയൂർ ഗ്രാമത്തിലെ ജനങ്ങളുടെ ആഹാരരീതിയെക്കുറിച്ച് പഠിച്ചതിൽ സമസ്യതാ മൂലം കുറഞ്ഞ തുകയിൽ കഴിക്കുന്നതിൽ ആർക്കും തന്നെ എതിരളതായി കണ്ടില്ല. മാത്രം, പലരും മാത്രം കഴിഞ്ഞു. ഇവയിൽ ജനങ്ങളുടെ മുഖ്യപ്രവൃത്തികൾ. വിവിധതരം സീയും, ഇതവയെക്കുറിച്ച്, പലരും കണ്ടു. ആഹാരത്തിൽ കുറവാണ്.

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