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Food consumption pattern of the tribal families from Palghar district

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Abstract

This paper examines the profile of the tribal families from Palghar district. The study was conducted at the Palghar district. A sample of 120 tribal families were considered as respondents for present study. The respondents were interviewed with the help of specially designed schedule. Collected data was classified, tabulated and analysed by using various statistical method. The study showed that 'majority' '59.17 per cent' of the respondents had 'satisfactory' food consumption pattern, while, '25.00 per cent' of the respondents had 'poor' food consumption pattern and '15.83 per cent' of the respondents had 'good' food consumption pattern. It was noticed that most of the tribal families had satisfactory to poor food consumption pattern. This has to be improved by conducting more awareness programmes on importance of nutrition, health care during various stages of life cycle, food security, kitchen gardens and benefits of proper food consumption pattern by the non-governmental organizations working in the study area, governmental agencies, Department of Women and Child Welfare and Integrated Tribal development Agency.

Keywords: Food consumption pattern, Tribal families, Palghar district, Poor, Satisfactory, Good

Introduction

Food consumption pattern and food habits is an essential part of any culture. An important part of healthy lifestyle is proper intake of food. The benefits of proper intake of food are observed in wide range of studies. There is a large difference in food consumption pattern of our country India. A balanced diet is required because organs and tissues need proper nutrition to work effectively. The tribal communities have vast knowledge about the importance of consumption of wild plants. These groups are homogenous, culturally firm and wish to survive and live their own lifestyle. The choice of food is deeply related to the lifestyle of an individual. Food habits and consumption pattern is greatly influenced by thoughts, beliefs, notions, traditions and taboos of the society. Apart from these socio-cultural barriers, the religion, education, and economic factors do alter the food behaviour. Government has taken number of measures to overcome hunger and malnutrition. The National Food Security Act, 2013, is the Act of Parliament of India which aims to provide subsidized food grains to approximately two third of India's population. It includes Midday Meal Scheme, Integrated Child Development Services scheme and the Public Distribution System. Even though there are many schemes and nutritional programmes to serve the people, there is a great bulk of illness in our country. Hence, eating good food in one of the pleasures of life.

Objective

To access the food consumption pattern of the tribal families of Palghar district.

Methodology

The research work was purposively conducted in Palghar district of Konkan region of Maharashtra State. Two tahasils Makhada and Vikramgad having maximum tribal population were selected to carry out the research. Six villages from each tahasil were selected randomly to carry out the present study. A total of 120 tribal families were considered as respondents for the present study. The data regarding food consumption was collected with the help of a specially designed interview schedule by keeping in view the objective of the study. Collected data was classified, tabulated and analysed by using various statistical method. 'Ex-post facto' research design was used to conduct the present study.

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Result and Discussion

Carried out in a commercial mill fabricated for the dehulling of millets at Haveri. The bran, husk, whole seeds were separated in a mechanical sifter. Grains were cleaned manually and stored at ambient conditions for further estimations.

It was observed that 'majority' (59.17 per cent) of the respondents had 'satisfactory' food consumption pattern, while, '25.00 per cent' of the respondents had 'poor' food consumption pattern and '15.83 per cent' of the respondents had 'good' food consumption pattern.

It was observed that, all the respondents i.e. '100.00 per cent' consumed rice daily in their meal. Fingermillet is consumed daily by '43.44 per cent' of the respondents, '34.20 per cent' of the respondents never consume wheat. Proso millet is cultivated in the study area by many tribal farmers but '45.80 per cent' of the respondents never consume it. '45.80 per cent' of the respondents consume it occasionally usually during some cultural program in the village.

It was observed that pulses like Blackgram is consumed mostly weekly by '29.00 per cent' of the respondents. Cow pea is never consumed by majority '43.00 per cent' of the respondents. Pigeon pea is never consumed by majority '50.00 per cent' of the respondents, Other pulses like horse gram, moth bean, soybean, chickpea is never consumed by '76.00 per cent' of the respondents and occasionally by '24.00 per cent' of the respondents. It was observed that leafy vegetables like fenugreek is consumed monthly by majority '45.00 per cent' of the respondents. '16.00 per cent' of the respondents consume spinach weekly and only '3.00 per cent' of the respondents never consume spinach. Mustard leaves are not consumed by majority '59.00 per cent' of the respondents. Radish leaves are consumed occasionally by '43.00 per cent' of the respondents, '43.00 per cent' of the respondents never consume radish leaves. Other leafy vegetables like drumstick leaves and safflower leaves are consumed occasionally by '54.00 per cent' of the respondents.

It was observed that onion is consumed weekly by majority '69.00 per cent' of the respondents. Radish is consumed occasionally by majority '45.00 per cent' of the respondents. Sweet potato is weekly consumed by majority '64.00 per cent' of the respondents. Potato is consumed by '53.00 per cent' of the monthly. Carrot is consumed occasionally by majority '54.00 per cent' of the respondents. Banana rhizome is consumed occasionally by '63.00 per cent' of the respondents, '22.00 per cent' of the respondents never consume banana rhizome. Air potato is consumed weekly by '52.50 per cent' of the respondents. Other roots and tubers are consumed occasionally by '80.00 per cent' and '20.00 per cent' monthly by the respondents.

It was observed that wild vegetables like Cocks comb is consumed weekly by majority '64.16 per cent' of the respondents. Amaranthus spp. is consumed monthly by '51.60 per cent' of the respondents. Cassia tora is consumed weekly by majority '59.16 per cent' of the respondents. Benghal dayflower is consumed monthly by '56.60 per cent' of the respondents. Mahua is consumed weekly by '58.33 per cent' of the respondents and monthly by '41.67 per cent' of the respondents. Dragon stalk yam is consumed weekly by majority '65.84 per cent' of the respondents and '34.16 per cent' of the respondents consume it monthly. Taro is consumed weekly by '85.00 per cent' of the respondents. Wild bamboo is consumed monthly by '52.50 per cent' of the respondents. Other wild vegetables like wild brinjal, *Smithia*

sensitive, white sky flower, *Portulaca oleracea*, are consumed occasionally by '75.90 per cent' of the respondents and monthly by '24.10 per cent' of the respondents.

It was observed that Okra is consumed weekly by majority '63.00 per cent' of the respondents. All the respondents i.e. '100.00 per cent' of the respondents consume tomato weekly. Capsicum is consumed monthly by majority '40.00 per cent' of the respondents. Drumstick is consumed monthly by '57.00 per cent' of the respondents. Cauliflower is consumed weekly by '64.00 per cent' of the respondents. Lima beans is consumed monthly by majority '54.00 per cent' of the respondents. Karonda is consumed weekly by '58.00 per cent' of the respondents. Pumpkin is consumed monthly by majority '66.00 per cent' of the respondents. Other vegetables are consumed monthly by '58.00 per cent' of the respondents, occasionally by '33.00 per cent' of the respondents and weekly by '9.00 per cent' of the respondents.

Niger is consumed monthly by '68.00 per cent' of the respondents, occasionally by '19.00 per cent' of the respondents and weekly by '13.00 per cent' of the respondents. Groundnut is consumed monthly by '80.00 per cent' of the respondents, occasionally by '16.00 per cent' of the respondents and weekly by '7.00 per cent' of the respondents. Dry *chutney* of groundnut and niger is prepared and it is consumed in little amount with meal. Other oilseeds are consumed occasionally by '83.00 per cent' of the respondents, monthly by '10.00 per cent' of the respondents and never consumed by '7.00 per cent' of the respondents.

Cow milk is never consumed by '91.00 per cent' of the respondents, occasionally consumed by '8.00 per cent' of the respondents and monthly consumed by only '1.00 per cent' of the respondents. Buffalo milk is never consumed by '100.00 per cent' of the respondents. Goat milk is never consumed by '92.00 per cent' of the respondents and occasionally consumed by '8.00 per cent' of the respondents. Other animal milk is never consumed by any of the respondents.

It was observed that non vegetarian food like fish is consumed monthly by '41.00 per cent' of the respondents. Crabs are never consumed by '40.00 per cent' of the respondents. Hen eggs are never consumed by '53.00 per cent' of the respondents. Chicken is consumed monthly by '49.00 per cent' of the respondents. Mutton is consumed occasionally by '57.00 per cent' of the respondents. Other non-vegetarian food like porcupine, rabbit, grey francolin is consumed occasionally by '80.00 per cent' of the respondents, monthly by '15.00 per cent' of the respondents and never consumed by '5.00 per cent' of the respondents.

Honey is consumed monthly by '59.16 per cent' of the respondents, weekly by '22.50 per cent' of the respondents and occasionally by '18.33 per cent' of the respondents. Jaggery is consumed monthly by '73.00 per cent' of the respondents, weekly by '24.00 per cent' of the respondents, daily by '2.50 per cent' of the respondents and occasionally by '0.50 per cent' of the respondents. Sugar is consumed daily by '67.50 per cent' of the respondents, weekly by '1.70 per cent' of the respondents, and monthly by '0.80 per cent' of the respondents. No other type of sugar containing substance is ever consumed by the respondents.

It was observed that fruits like conkerberry is monthly consumed by '51.66 per cent' respondents. Ber is consumed monthly by '54.10 per cent' of the respondents. Banana is consumed monthly by '53.30 per cent' of the respondents. Mango is consumed occasionally by '50.83 per cent' of the respondents. Jamun is consumed monthly by '49.17 per cent'

of the respondents.

Mahua liquor is consumed daily by '73.33 per cent' of the respondents, weekly by '23.33 per cent' of the respondents, never consumed by '1.67 per cent' of the respondents, occasionally consumed by '0.84 per cent' of the respondents and monthly consumed by '0.83 per cent' of the respondents. Jaggery liquor is occasionally consumed by '66.70 per cent' of the respondents, monthly consumed by '20.80 per cent' of the respondents and never consumed by '12.50 per cent' of the respondents. Other type of liquor is never consumed by the respondents.

Conclusion

In the study, an attempt has been made to know the food consumption pattern of the tribal families. It was noticed that most of the tribal families had satisfactory to poor food consumption pattern. This can be improved by conducting more awareness programmes on importance of nutrition, health care during various stages of life cycle, food security, kitchen gardens and benefits of proper food consumption pattern by the non-governmental organizations working in the study area, governmental agencies, Department of Women and Child Welfare and Integrated Tribal development Agency.

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